

BTEC Level 3 (NQF)
National Foundation/
Extended Diploma in

Health and Social Care



BMet

COURSE OVERVIEW

This qualification encompasses the essential skills, knowledge and understanding needed to gain confidence and progression within education or into employment in the health & social care sector.

The course is made up of **6 Units** in the first year, all of which must be completed, plus an element of personal & professional development to achieve the qualification. Teaching methods will include lectures and seminars as well as practical lessons. As part of the assessment process, you will be required to write reports, take part in professional discussions, carry out presentations in front of your peers, complete projects, and undertake controlled assessments, alongside a variety of other assessment methods.



COURSE CONTENT & ASSESSMENT METHODS

| Unit Number | First Year Modules | Assessment Type |
|-------------|---|-----------------|
| 1 | Human Lifespan Development | External Exam |
| 2 | Working in Health and Social Care | External Exam |
| 5 | Meeting Individual Care and Support Needs | Internal Exam |
| 7 | Principles of Safe Practice in Health and Social Care | Internal Exam |
| 10 | Sociological Perspectives | Internal Exam |
| 11 | Psychological Perspectives | Internal Exam |
| Unit Number | Second Year Modules | Assessment Type |
| 3 | Anatomy & Physiology for Health & Social Care | External Exam |
| 4 | Enquiries into Current Research in Health and Social Care | External Exam |
| 6 | Work Experience in Health and Social Care | Internal Exam |
| 8 | Promoting Public Health | Internal Exam |
| 14 | Physiological Disorders and their Care | Internal Exam |
| 19 | Nutritional Health | Internal Exam |

POTENTIAL CAREER OPPORTUNITIES IN HEALTH & SOCIAL CARE

- CARE WORKER
- PERSONAL ASSISTANT
- CHILDREN'S NURSE
- MIDWIFERY
- TEACHING
- SOCIAL WORKER
- ACTIVITIES WORKER
- ADVOCACY WORKER
- OCCUPATIONAL THERAPIST
- COUNSELLOR
- MENTAL HEALTH NURSE
- GENERAL NURSE
- HEALTHCARE ASSISTANT
- PARAMEDIC
- PSYCHOLOGIST
- HEALTH VISITOR
- RADIOGRAPHER
- SPEECH & LANGUAGE THERAPIST
- DIETITIAN
- PODIATRIST



BMet



WORK EXPERIENCE/ PLACEMENT PREPARATION

To complete your Health & Social Care course you are required to complete 200 hours over the two years of study. As a result, you will need to have a valid DBS form. Please read the following information below carefully to see what evidence you will need to complete the process.

Step 1: Collate Evidence*

You will need to have three of the following pieces of evidence:

- Current UK Passport (in date)
- Birth Certificate (UK and Channel Islands only) – needs to be issued at time of birth (NO COPIES)
- Bank/ Building Society Statement (dated within the last 3 months – MUST show current address)
- Learner Agreement (which will be given to you once you have enrolled- dated within the last 3 months)
- Tax Credit – a letter where your name must be clearly stated
- Letter from your school – They need to confirm your name, address and date of birth

Step 2: Bring all your evidence to your first day during induction where our dedicated placement officer will support you with the process.

Placement Officer Details: mahfuza.akthar@bmet.ac.uk

Placement Settings we work with:

- Care Home
- Nursing Home
- Hospitals (ideally for 18+ years)
- GP/Medical Centres
- Pharmacies
- Special Education Needs School
- Resource Centres
- Charitable Organisations

**Please note schools and nursery settings do not apply as they are more suitable for learners who are studying Early Years course.

Unit 1: Human Lifespan Development

What is this unit about?

This core unit will give you an exploration into the key aspects of growth and development throughout the life stages including the physical, intellectual, emotional and social aspects of an individual's health and wellbeing.

What will you study?

- You will learn about different factors which influence human growth, development and human health
- You will explore theories and models to explain and interpret behaviour through the lifespan of individuals
- You will look at the impact of life events whether predictable and unpredictable, and the impact these have on individuals

Quick Round Questions:

- What is a life stage and the stages associated?
- What would be a predictable life event?
- What would be an unpredictable life event?
- List 5 changes to the body over a life span below.

Research Task:

Theorists to create a fact file on:

- Jean Piaget - Cognitive Development
- Albert Bandura - Social Learning Theory

What is your opinion on these?

Do you see their significance in growth and development?

To support you in your understanding of this unit, please watch the following links.

Please write down your thoughts on them, do you agree? How did you feel? Have they changed the way you look at simple experiments?

<https://www.youtube.com/watch?v=0inqFgslbh0> - Egocentrism

<https://www.youtube.com/watch?v=NjTxQyU3ac> - Social Learning Theory

<https://www.youtube.com/watch?v=PuP53Bbly0A> - Object Permanence

Unit 5 Meeting Individual Care & Support Needs

For you to be able to provide the care and support that individuals' need, it is important that you have a good understanding of the principles behind providing quality care and support. This unit introduces you to the values and issues that need to be considered when planning care and support that meet the needs of an individual in a health and social care environment. You will also look at some of the ethical issues that arise when personalising care. You will examine factors that can impact the professionals who provide the care and support, and the challenges that must be overcome to allow access to good quality care and health services.

You will explore the different methods used by professionals across all care services. You will reflect on these methods when you consider the importance of multi-agency working in providing a package of care and support that meets all the needs of individuals. This unit will be useful if you are intending to pursue a career in social care or healthcare, for instance as a social worker or health visitors, practice nurse or occupational therapist. The unit will also be invaluable if you wish to progress to higher education, to degrees in areas such as health and social care management, social work and nursing.

Useful YouTube clips:

<https://www.youtube.com/watch?v=kixs-Zafmow>

<https://www.youtube.com/watch?v=l0wlNpsihyc>

<https://www.youtube.com/watch?v=3YdlV1DsK54>



Key Terminology:

Ethical
Eligibility
Values
Principles
Empathy
Equality
Diversity
Confidentiality
Data Protection
Attachment
Promoting personalisation
Multiagency
Multidisciplinary
Roles
Responsibilities
Legislation
Application
Personal Attributes

6 Cs – Care,
Compassion,
Competence,
Communication,
Courage and
Commitment



BMet

Have a go!

Create a poster identifying reasons why individuals might be discriminated (you need to choose a minimum of 5) provide an example showing discrimination for each in a health and social care setting.

Have a go!

Think about the last time you used a health and social care service. Pick two individuals who worked with you – create a poster identifying what skills they used.



Have a go!

Daniel (pictured) has dementia. Research how dementia affects an individual and research the ethical theory of deontology. Using the basic principles of the theory, write a short account of no more than 250 words, explaining why care staff will support individuals with dementia, using the theory of deontology.



Unit 6 Work Experience in Health and Social Care

If you are thinking about a career in health and social care, then work experience is a good way of making you aware of the tasks and activities you may be required to carry out. This unit will help you reflect on and develop your personal attributes and skills required for work in this sector, and extend your knowledge and understanding of the responsibilities of health and social care professionals.

In this unit, you will learn about the benefits of work experience in health and social care. You will examine how work experience can help you to develop personal and professional skills, such as communication and teamwork, and to understand more about the expectations of different professional roles. You will develop a plan to support your learning in placement and you will monitor your progress with a reflective journal. This is a practical unit which will support your work experience placement in health and social care and provide a foundation for you to develop, apply and reflect on knowledge and skills in a realistic situation.

A work experience placement will prepare you for further study in a variety of higher education programmes. It is often a requirement for progression to higher education, and is a component of degree courses in the sector such as social work or nursing.



Key Terminology:

Skills

Knowledge

Theories

Feedback

Experience

Development

Expectations

Professional

Teamwork

Organisation

Communication

Compassion

Strengths

Weakness

Legislation

Interpersonal

Placement

Opportunities



BMet

Activity:

Write a short 400 worded account of reflection. Consider the situation we are in now. What have you missed out the most in school? How has the changed you? Think about what skills you possess currently. What is your end goal and how will you achieve this?

Extension:

Research two health and social care professionals and create an information guide. This should include roles and responsibilities, skills and entry requirements.

Websites and links to check out:

<https://www.prospects.ac.uk/>

<https://www.whatcareerisrightforme.com/>

www.healthcareers.nhs.uk

<https://www.youtube.com/watch?v=eyJOxdg7fw4>

<https://www.youtube.com/watch?v=SBaDYUtUG9Q>

<https://www.youtube.com/watch?v=chkoryAGYLc>

Equality, diversity and rights in health and social care (this relates to Unit 5 - Meeting individual needs and support)

Describe how anti-discriminatory practice is promoted in health and social care settings. Using the words below, create a table and give two examples of how each of the anti-discriminatory practises is promoted in the setting.

- Ethical principles
- Putting the patient/service user at the heart of the service provision
- Dealing with conflicts
- Identifying and challenging discrimination

UNIT 11: PSYCHOLOGICAL PERSPECTIVES

An Overview:

An important aspect of working in the health and social care sector is to have a good understanding of the ways in which psychological development occurs in order to effectively meet the individuals needs of service users.

Having knowledge of the key concepts and ideas enables you to understand the ways in which development and behaviours occur. In this unit, you will learn about the different psychological perspectives that have been put forward and how these approaches have influenced thinking and practices in meeting and supporting service user needs.

You will explore some key ideas that will give you a good understanding of how the mind develops, and the factors that influence development and behaviours. This knowledge is useful in developing your understanding of how these perspectives have formed the basis of different techniques to manage behaviours and the therapeutic and other interventions used in the health and social care sector.



Perspectives:

Behaviourist

Psychodynamic

Humanistic

Cognitive

Watch these...

Zimbardo - The Lucifer Effect

<https://www.youtube.com/watch?v=OsFE-V35tWsg>

The Milgram Shock Experiment

<https://www.simplypsychology.org/milgram.html>

Bandura's Bobo Doll Experiment

<https://www.youtube.com/watch?v=dmBqwWljg8U>

Sigmund Freud

<https://www.simplypsychology.org/Sigmund-Freud.html?platform=hootsuite>

Activities for you to try...

Awareness Test:

<https://www.youtube.com/watch?v=o5QJP40PcGI>

Memory Experiment:

<https://www.verywellmind.com/a-short-term-memory-experiment-2795664>

Optical Illusions:

<https://www.optics4kids.org/illusions>

Research each of the perspectives above... How would they explain each of these?

- Depression
- Phobia of Spiders - Arachnophobia
- Aggression

