

Subject	GCSE Health and Social Care		
Title/Topic	Format	Length	Date & Lesson
Paper 3 – Health and Wellbeing	Written	45 mins	Tuesday 24 th Feb p1

My Advent assessment will test my knowledge on...

This assessment will cover sections of the course you have been taught. You will need to revise the following areas:

A1 Factors affecting health and wellbeing.

- Definition of health and wellbeing: a combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness.

- Physical factors that can have positive or negative effects on health and wellbeing:
 - o inherited conditions – sickle cell disease, cystic fibrosis
 - o physical ill health – cardiovascular disease, obesity, type 2 diabetes
 - o mental ill health – anxiety, stress
 - o physical abilities
 - o sensory impairments.

- Lifestyle factors that can have positive or negative effects on health and wellbeing:
 - o nutrition
 - o physical activity
 - o smoking
 - o substance misuse – alcohol, cannabis, opiates e.g. heroin.

- Social factors that can have positive or negative effects on health and wellbeing:
 - o supportive and unsupportive relationships with others – friends, family, peers and colleagues
 - o social inclusion and exclusion
 - o bullying o discrimination.

- Cultural factors that can have positive or negative effects on health and wellbeing:
 - o religion
 - o gender roles and expectations
 - o gender identity
 - o sexual orientation
 - o community participation.

- Economic factors that can have positive or negative effects on health and wellbeing:
 - o employment situation

o financial resources – income, inheritance, savings

C1 Person-centred approach

● The ways in which a person-centred approach takes into account an individual's:

o needs – to reduce health risks

o wishes – their preferences and choices

o circumstances – to include age, ability, location, living conditions, support, physical and emotional health.

What should I do to revise and prepare for this assessment?

To prepare for this assessment:

1. Create flash cards using the revision guide, class notes.
2. Look, cover, check the key ideas.
3. Attempt any exam questions you are provided in class.

What useful websites/resources could I use to help me prepare?

- Use the CGP revision guide to support your knowledge.
- [BTEC Tech Award Component 3 Exam Paper Walkthrough | Reference Library | Health & Social Care | tutor2u](#)
- [Reference Library | Health & Social Care | tutor2u](#)
- If you also search for 'Btec Tech Award HSC component 3 tutor 2u', there are a range of videos from examiners on youtube, who do quizzes, show you how to answer questions etc.

