



AAQ Health and Social Care - Summer Transition Work

We are so pleased that you have decided to study Health and Social Care in Sixth Form. This summer transition work is designed to prepare you for the step up to Level 3 study. Whether or not you studied HSC at Level 2, these tasks will help you develop the mindset and knowledge you'll need to succeed. *Mrs Forsey and Mrs Loudon*

In Year 12 you will study the following:

Unit 1 - Human Lifespan and Development

You will study Physical, Intellectual, Emotional, and Social (PIES) development and a range of factors affecting growth and development, interventions and the different professionals providing care and treatment

Unit 5 - Promoting Health Education

You will develop an understanding of the purpose of health education, learning about organisations and legislation that support the implementation of health education, including how they work in an integrated way to ensure the nation's health is a priority.

Summer Tasks Checklist

Task 1: Health and Social Care Professions Research

Objective: Identify roles that support development and wellbeing.

Instructions: Choose two professionals from each sector:

- Health: e.g. GP, nurse, midwife, dentist
- Social Care: e.g. care assistant, social worker, youth worker



For each, explain:

- Their role and responsibilities
- How they support individuals in different life stages
- Qualifications/training needed

Task 2: Factors affecting development

Objective: Understand the impact of different factors on health and development

Instructions: Make a list of positive and negative factors that can affect human development, e.g. genetics, lifestyle choices (smoking, alcohol, exercise, diet).

Choose one factor and explain how it could affect someone at **two different life stages**.



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Task 3: Case Study – Famous Person

Objective: Apply understanding of development in a real context.

Instructions: Choose a famous person, e.g. a public figure, celebrity, historical figure.

Research how they have developed over their lifespan in terms of:

- Physical development (e.g. sports career, illness)
- Intellectual development (e.g. education, career)
- Emotional/social development (e.g. relationships, mental health)

Present this in a short PowerPoint, poster, or report.



Useful information

Life Stages:

Infancy 0-2years	Early adulthood 19-45 years	Later adulthood 85+
Early childhood 3-8 years	Middle adulthood 46-69 years	
Adolescence 9-18 years	Late adulthood 70 – 84 years	

PIES Development

Physical development refers to the growth and changes in a person's body and physical abilities over time. It includes both gross motor skills (like walking, running, or jumping) and fine motor skills (like writing, buttoning clothes, or using utensils), fertility, puberty, menopause and the ageing process.

Intellectual development refers to the growth and progression of a person's ability to think, understand, reason, learn, and remember. It plays a critical role in supporting a person's overall well-being, independence, and ability to interact with the world around them - learning to speak, recognising shapes and colours, developing memory, complex thinking, problem-solving, learning new skills, and cognitive decline.

Emotional development refers to the process by which individuals learn to understand, express, and manage their emotions, as well as developing empathy and form healthy relationships with others. It is a key aspect of overall well-being and is closely linked to mental health, personal identity, and social functioning.

Social development refers to the process of improving the well-being, quality of life, and social functioning of individuals and communities. It focuses on supporting people, especially those who are vulnerable or disadvantaged, to participate fully in society and lead fulfilling lives.



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Task 4: Preventative health

Objective: Understand the importance of promoting **health education**

Instructions: Read the following article and summarise it as a mind map.

Preventative health refers to the measures we can take to prevent diseases, illnesses and health problems before they happen. It focuses on maintaining and improving health and wellbeing rather than treating diseases or conditions after they arise. Having a proactive approach to our health means we can reduce the burden of disease on society and on our health service. In addition, quality of life will be improved because risk factors are being addressed whilst healthy behaviours are promoted.

The benefits of preventative health Preventative health really is essential at all stages of life, from vaccinations during childhood to regular screenings when in adulthood. In holistic terms, taking positive steps to prevent disease and ill health can empower individuals and communities.

Money saving Being ill is expensive for society. However, preventing illness and disease is often less costly. Long term care for chronic conditions such as diabetes and cancer can require lifelong medication and monitoring which becomes accumulatively expensive. New technologies, equipment and research into treatments is not cheap and taxpayers often have to take the brunt of this. The financial strain on our NHS can be greatly reduced by lowering the prevalence of disease in society.

Increased lifespan When individuals adopt healthy behaviours or when disease is detected early allowing for prompt treatment, this can help to extend life expectancy. It also improves quality of life and a person's overall wellbeing.

The key components

Vaccinations are an important part of preventative health. Following a vaccination programme protects you from serious illnesses that can cause severe health complications, disabilities or death. Examples of life-threatening infections include measles, polio and tetanus. Vaccinations stimulate your immune system to recognise and fight pathogens which provides you with seasonal or even long-lasting protection. Even if a disease is contracted, vaccinations mean that symptoms may be milder and complications of infection less likely. Communities are ultimately kept safer due to vaccinations, as outbreaks of diseases can be kept to a minimum or eradicated completely.



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Screenings and check-ups

Regular health check-ups and screenings help detect conditions early when they are easier to treat. Examples include:

- Blood pressure, cholesterol, and diabetes tests.
- Cancer screenings (e.g. mammograms, colonoscopies, smear tests).
- Vision and hearing exams.

NHS England have a comprehensive screening programme for the population which ranges from hearing tests for newborn babies to abdominal aortic aneurysm screening for men aged 65 and over. The sole purpose of screening across the population is to identify whether people have a higher chance of developing a health issue. The results of these screening tests mean that individuals can be informed of changes they can make to their lifestyles and also of treatment options which will hopefully slow down or stop the progression of the disease.

Public health initiatives

The NHS and the government run public health initiatives as part of their commitment to improving the overall health and wellbeing of the population in the UK. These initiatives address a wide range of health concerns, from preventing diseases to promoting healthier lifestyles. These initiatives play a key role in preventative health as they help to address key health concerns such as obesity, smoking and mental health through campaigns and support services. Encouraging healthy behaviours like regular exercise and quitting smoking improves the likelihood of a reduction in disease. Targeted programmes also reduce health inequalities as they can assist vulnerable group's access to the care and information they require.

Task 5: National and local health education campaigns



Objective: Develop your transferable skills

Instructions: Research one **national** and one **local** health education campaign. Write a brief article for each, suitable to be broadcast as an **audio podcast**. Aim for each to last about two minutes. Ome examples are given in the table.

National	Local
Pharmacy First (NHS)	Healthwatch Liverpool
No Smoking Day	Inside Matters
Drink Free Days	6 steps
Time to Talk Day	Cardiac Readiness Initiative