**Health and Social Care Nationals Level 3 Extended Certificate**

**Overview**

This is a 2 year course and it is the equivalent of an A level. It is recognised by Universities as a level 3 course. This is a great course for anyone thinking of working with people whether in the emergency services, childcare services, nursing or caring care settings or teaching. It is about how we receive care and support from health care services and social care services. It is particularly relevant at this time. It fits in well with other subjects like Applied Medical Science and Sociology and PE where there is some overlap and shared learning. By studying this course you will gain transferable life skills such as how to communicate effectively with a whole range of individuals; you will learn about our rights and responsibilities as an individuals in society; basic first aid; the importance of healthy eating for a range of individuals to name a few. This course is all about life!

58% of the course is examined and 42% is Coursework It consists of 6 units. (3 examined and 3 coursework). For the extended certificate we have 4 mandatory units and 2 optional. The units are as follows:

Unit 1 Building positive relationships in Health and Social care (mandatory)

Unit 2 Equality diversity and rights in Health and Social Care (mandatory)

Unit 3 Health, safety and security in Health and Social Care (mandatory)

Unit 4 Anatomy and physiology for Health and Social Care (mandatory)

Unit 10 Nutrition for health (optional)

Unit 13 Sexual health, reproduction and early development stages (optional)

Whilst there will be some specific ‘bridging work’ set on the school website before the end of term, developing an understanding of the following prior to this would be useful.

Unit 4 covers Anatomy and you have done some of this work at GCSE level. It would be useful therefore to revisit this work and gain an overview of what the major problems are that can arise from organs not functioning efficiently such as the heart and heart disease. You may want to source a diagram of each major organ, read how it works, identify what are the common physiological disorders of the organ, what does medical science advise us on how to treat these conditions.

For unit 10 Nutrition have a look at the information that is around at the moment encouraging us to eat healthily. CHANGE FOR LIFE is a web site for all the family and has activities and tips for this. Explore it.

Watching any POSITIVE programmes about the caring environment like “one born every minute” gives you a real insight into working with people, and looks at the skills used to do so effectively.

**Save your work in a portfolio that can be incorporated into your subject folder if/once you decide to commence this course.**