Yr 11 HSC

What? When? Why?	Lesson 1	Lesson 2	Lesson 3
WEEK 1	HEALTH INDICATORS To understand how physiological indicators can be used by health professionals to assess health and wellbeing. To justify the importance of health monitoring and illness prevention. To describe different measurements of health: • Measurable indicators • Observed indicators • Lifestyle indicators	RESTING PULSE RATE AND RECOVERY AFTER EXERCISE To describe the main features of the cardiovascular system, what pulse rate is and how it can be measured To understand how comparing resting pulse rate with the rate after exercise is a useful measure of health.	BLOOD PRESSURE To explain what blood pressure is and why it can be a very important health indicator. To interpret blood pressure readings and classify them as low, normal or high. To describe how to measure blood pressure using manual and digital equipment.
WEEK 2	ABNORMAL BLOOD PRESSURE Identification of the causes, symptoms and risks of high blood pressure and suitable treatment actions (Hypertension) Identification of the causes, symptoms and risks of low blood pressure and suitable management strategies (Hypotension)	PEAK FLOW Describe measurement of peak flow and explain why this is an important health indicator. Interpret peak flow readings and identify low peak flow. Highlight typical conditions that could be diagnosed or monitored using peak flow readings.	BODY MASS INDEX Describe BMI as a measurement of the amount of fat on the body in relation to height to determine if an individual is of a healthy weight. Identify the indicators and risks of high and low BMI Calculate BMI accurately using the formula: BMI = $\dfrac{\text{Weight kg}}{(\text{Height m})^2}$

			Interpret BMI readings and their meanings using graphical / tabulated methods.
WEEK 3	USING PUBLISHED GUIDELINES TO INTERPRET HEALTH INDICATORS Describe the importance of using published guidelines to interpret heath data Identify and describe potential limitations to the use of published guidelines Explain how errors can be reduced with physiological measurement technique Justify the importance of 'reasoned judgment' when interpreting health data.	RISKS TO PHYSICAL HEALTH OF ABNORMAL READINGS dentify the **potential significance** of abnormal test readings. Describe how abnormal readings may be dealt within the healthcare environment.	LIFESTYLE DATA Describe what is meant by lifestyle data. Explain how lifestyle data can be used to help improve the health and wellbeing of a group of individuals.
WEEK 4	INTERPRETING LIFESTYLE DATA ON SMOKING Describe who produces lifestyle data on smoking Explain: - What organisations e.g. NHS use smoking data for. - What the data achieves - What the data shows.	INTERPRETING LIFESTYLE DATA ON ALCOHOL Describe who produces lifestyle data on alcohol Explain: - What organisations e.g. NHS use alcohol data for. - What the data achieves - What the data shows. State the 'safe limits' for alcohol consumption in the UK.	INTERPRETING LIFESTYLE DATA ON INACTIVITY Explain how data on inactivity is used to reduce risks to the health of the nation. (Benefits of activity V Cost of inactivity)

WEEK 5	C3 LEARNING AIM B ASSESSMENT PRACTICE	C3 LEARNING AIM B ASSESSMENT PRACTICE REVIEW	PERSON CENTRED APPROACH
	Strengthen and Challenge checkpoint recall and application questions Learning Aim B Assessment activity (student book p182-183 / equivalent)	Collective review of practice assessment outcomes. Identification of areas of collective strength / areas for development.	
WEEK 6	PERSON CENTRED APPROACH	ACTIONS TO IMPROVE HEALTH AND WELLBEING	SHORT AND LONG-TERM TARGETS
	Understand the importance of a person-centred approach and describe its benefits Define the four principles of person centred care (The Health Foundation)	Justify the importance of 'goal setting' in a health and social care context Describe important features of a health and well-being plan: • Recommended actions based on a person's physiological indicators • Recommended actions based on a person's lifestyle indicators.	Distinguish between short and long-term targets and recognise the importance of each type Explain why targets must be SMART Describe the importance of monitoring and reviewing targets and how this may appear in practice
WEEK 7	TARGET SETTING PRACTICE	SOURCES OF SUPPORT	POTENTIAL OBSTACLES
	Application of knowledge to contextual exam style questions with green pen review to assess and improve understanding	Distinguish between formal, informal and voluntary support. Identify appropriate sources of support in contextual scenarios. Justify the importance of identifying sources of support on a health and well-being improvement plan	Identify factors to consider when designing a health plan and how they can cause obstacles Describe the steps taken to design a health and well-being improvement plan in collaboration with service users (KISS) Evaluate existing examples of health and wellbeing plans using specific audit criteria.