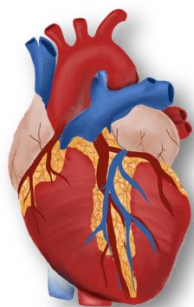


BTEC AAQ Level 3 Health and Social Care Transition Work



Name:

We study the following units in Health and Social Care

Year 1

- Unit 1 – Human Lifespan and Development (Externally Assessed Exam)
- Unit 2 – Human Biology and Health (Externally Assessed Exam)

Year 2

- Unit 3 – Principles of Health and Social Care Practice (Internally Assessed Coursework)
- Unit 5 – Promoting Health Education (Internally Assessed Coursework)

You can find the specification at:

<https://qualifications.pearson.com/content/dam/pdf/btec-aags/health-and-social-care/2025/specification-and-sample-assessments/btec-l3-health-and-social-care-aag-spec.pdf>

Unit 1 - Human Lifespan Development

Task 1: Complete the table below by identifying the correct life stages and their approximate age ranges:

Life stage	Age range
Infancy	

Early childhood	
Adolescence	
Early adulthood	
Middle adulthood	
Late adulthood	
Later adulthood	

In Health and Social Care, we study four key areas of development:

- Physical Development (changes to the body)
- Intellectual Development (thinking, learning, language)
- Emotional Development (feelings, self-esteem)
- Social Development (interactions, friendships, social skills)

Task 2: Match each example below to the correct development type. Write your answers in the table:

Example	Development Type (Physical, Intellectual, Emotional or Social)
Learning to walk	
Starting school and learning to read	
Developing friendships	
Learning to manage feelings of anger and sadness	
Puberty changes such as growth spurts	
Developing problem-solving skills	
Building confidence and self-esteem	
Joining a sports team and working with others	

Task 3: For each life stage, describe how a person may develop physically, intellectually, emotionally and socially. Use the example table below to guide you. Aim to write at least one sentence for each area.

Life Stage	Physical Development	Intellectual Development	Emotional Development	Social Development
Infancy	e.g. learning to crawl and walk	e.g. starting to understand simple words	e.g. developing attachment to caregivers	e.g. beginning to interact with family

Early childhood				
Adolescence				
Early adulthood				
Middle adulthood				
Late adulthood				
Later adulthood				

Task 4: Choose one life stage that interests you the most.

Research how physical, intellectual, emotional and social development can be affected by at least one of the following factors:

- Lifestyle (e.g. diet, exercise, alcohol, smoking)
- Life events (e.g. marriage, starting work, bereavement, illness)
- Health conditions (e.g. diabetes, dementia, mental health issues)

Write a short paragraph for each development type explaining how it might be affected.

Unit 2 – Human Biology

Choose **ONE** of the following body systems:

- Cardiovascular
- Respiratory
- Nervous
- Digestive
- Musculoskeletal
- Immune

Create a one-page fact sheet on your chosen system. Include:

- Main organs
- Function(s)
- How it maintains health

Choose **ONE** common disorder that affects your chosen system.

Research and describe:

- Primary symptoms
- Secondary effects on other systems
- Treatments (include NHS or recent research if possible)

Example disorders: asthma, stroke, diabetes, arthritis, coronary heart disease.

Further reading/ watching/ listening if you wish to explore.

Documentaries/ TV	• BBC One – "Panorama" - Episodes on care standards, NHS challenges, and safeguarding. • Channel 4 – "24 Hours in A&E" - Good for communication, empathy, and emergency response in care. • BBC – "Ambulance" - Explores professional practice and pressure in the NHS. • "For Sama" (Channel 4/YouTube) - An emotional look at maternal and child health during conflict – connects to public health themes. • "Louis Theroux: Extreme Love – Dementia/Autism" - Explores service provision, ethics, and person-centred care. • "Old People's Home for 4 Year Olds" - Shows intergenerational care and supports understanding of emotional and social development.
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Films	• The Father (2020) • Still Alice (2014) • Supernova (2020) • A Beautiful Mind (2001) • Girl, Interrupted (1999) • The Perks of Being a Wallflower (2012) • Silver Linings Playbook (2012) • I, Daniel Blake (2016) • Precious (2009) • Kes (1969) • The Theory of Everything (2014) • Me Before You (2016) • Lion (2016) • Boyhood (2014) • The Pursuit of Happiness (2006)
Podcasts	<u>"The Compassionate Care Podcast"</u> <u>Real-life insights into emotional labour, values-based care, and communication.</u> <u>"Inside Health" (BBC Radio 4)</u> <u>Current medical and healthcare topics explained in an accessible way.</u> <u>"Health and Social Care Talks" (Spotify/Apple)</u> <u>Designed for BTEC and A-Level students, with interviews and topic breakdowns.</u> <u>"The Real Care Podcast"</u> <u>Focuses on careers and challenges in social care; great for work experience and employment-related units.</u>
Websites	<u>SCIE (Social Care Institute for Excellence) – https://www.scie.org.uk</u> <u>Up-to-date guidance, policy summaries, and video explainers. HealthTalk.org</u> <u>First-person accounts of living with illness or disability.</u> <u>Mind (mental health charity) – https://www.mind.org.uk</u> <u>Excellent for mental health awareness and support strategies. NHS Live Well & NHS Careers – https://www.nhs.uk/live-well</u> <u>Links to lifestyle choices, health promotion, and career pathways.</u>