

Health and Social Care BTEC Level 3 AAQ National Extended Certificate

Bridging work

Welcome to Health and Social Care at HGSS sixth form. The following is transition work for you to complete ready for your first lesson in September. I have put in brackets the amount of time you should spend on each task. You will require the internet for research and, if possible, purchase the following book: [L3 AAQ BTEC National 2025 Health and Social Care Ext Cert Student Book \(Print\): Amazon.co.uk: 9781292487083: Books](https://www.amazon.co.uk/dp/9781292487083) Authors: Keeley Crowe, Lynne Fountain, Elizabeth Haworth, Lesley Larkin, Alison Peers

1. Human Lifespan Development (1 hour) – Research and write definitions and two paragraphs for physical, intellectual, social and emotional development. Explain how these developmental areas differ from birth to later adulthood.

2. Human Biology and Health (1 hour) – Write a paragraph explaining how the body uses energy and explain Basal Metabolic Rate (BMR).

Explain what aerobic and anaerobic respiration are.

Draw a basic diagram of the heart.

Briefly explain the musculoskeletal system.

3. Principles of Health and Social Care Practice (2 hours) –

What are the NHS Values? Visit www.healthcareers.nhs.uk for help answering this question.

Explain the 6 Cs in Health and Social Care

Create a spider diagram of 10 skills and personal attributes you feel are required for developing relationships with individuals.

Define equality, diversity and discrimination.

4. Further/extra research (2hours) - Health and Social Care in the Media

At least once a week, watch the news/documentaries/The One Show/read newspapers and make a written record of any Health and Social Care topics.

Write a description of what it is about, explain why it is newsworthy, explain the impact the issue is having on people/organisations, giving specific examples.

Reference the clip (date/time/programme/media source)