

# Level 3 AAQ Health and Social Care Course Information

## Course Overview

- **Exam Board** – OCR
- **Usual Age Range** – 16-19
- **Qualification** – Level 3 Alternative Academic Qualification Cambridge Advanced National
- **Curriculum Time** – 5 x 50 minute lessons, plus a comparable amount of independent learning
- **Assessment** – this curriculum is assessed via:
  - 2x 1hr30 minute exams
  - 4 pieces of non-exam assessment - textual exploration and comparison
- **Grading** - D\*-P
- **[Full specification](#)**

## Curriculum Intent

The intent of the Level 3 AAQ Health and Social Care curriculum is to give UTC students an opportunity to develop their knowledge and understanding of the principles underpinning the health and social care sector and the vital roles within it. The intent is to ensure students have useful knowledge, understanding, and skills that can be applied in diverse health and social care settings, preparing them for future careers and further study in this essential field.

The curriculum will provide students with a comprehensive insight into the health and social care sector, as they investigate key aspects such as building positive relationships, promoting equality, diversity, and rights, ensuring health, safety, and security, and understanding human anatomy and physiology. Students will also consider critical areas like safeguarding, infection control, and the impact of long-term physiological and mental health conditions, alongside developing a person-centred approach to care.

Students are supported and encouraged to develop their love of reading and literacy skills on this course by engaging with case studies, relevant policy documents, and research articles related to health and social care, and by completing regular extended writing activities such as care plans and reflective accounts. Students are encouraged to develop their numeracy on this course by interpreting data related to health statistics, medication dosages, and resource allocation within care settings.

Suggested next step destinations after completion include relevant university degrees such as Nursing (Adult, Mental Health, Children's, Learning Disabilities), Midwifery, Paramedic Science, Social Work, Occupational Therapy, Physiotherapy, Radiography, Health and Social Care Management, or Early Years Education. It also provides access to higher apprenticeship schemes in health and social



care related areas. Related careers include working as a healthcare assistant, support worker, care home manager, community care worker, or pursuing professional roles after further training. This course aims to also provide good baseline knowledge, skills and understanding for students who undertake an Apprenticeship in the sector.

## Remote Learning and Revision

Students will benefit from completing independent study outside of lesson time, or if absent and well enough to complete work from home. Students can access lesson resources on Google Classroom, and communicate with their teacher via their school email. Independent learning tasks may be self-directed, such as revision, or teacher-directed tasks, such as homework.

## Curriculum Overview

*Note: the full Curriculum Plans are available on request at: [info@nef.tynecoast.academy](mailto:info@nef.tynecoast.academy)*

### Year 12

#### Unit F090: Principles of Health and Social Care

- Topic 1: Equality, diversity and rights in health and social care settings
- Topic 2: Managing hazards, health and safety in health and social care settings
- Topic 3: Legislation in health and social care settings
- Topic 4: Best practice in health and social care settings

#### Unit F092: Person-centred approach to care

- Topic 1: Taking a person-centred approach
- Topic 2: Meeting needs and providing support in a person-centred way
- Topic 3: Communication skills needed to offer person-centred care

#### Unit F093: Supporting people with mental health conditions

- Topic 1: Definitions and views of mental health
- Topic 2: Mental health conditions
- Topic 3: Provision of mental health services
- Topic 4: Treatment and support for mental health conditions

### Year 13

#### Unit F091: Anatomy and physiology for health and social care

- Topic 1: Cardiovascular system
- Topic 2: Respiratory system
- Topic 3: Digestive system
- Topic 4: Musculoskeletal system
- Topic 5: Control and regulatory systems
- Topic 6: Reproductive system



Unit F096: Supporting people in relation to sexual health, pregnancy and post-natal health

Topic 1: Advice and guidance on sexual health issues

Topic 2: Advice and guidance on pregnancy, birth and post-natal issues

Topic 3: Plan, deliver and review an advice and guidance session

Unit F097: Supporting healthy nutrition and lifestyles

Topic 1: Dietary and activity needs of individuals

Topic 2: Factors that influence dietary choices and physical activity levels

Topic 3: Supporting individuals to plan meals that meet their needs