Tech Award Health & Social Care Component 3 LA: B	Road Map			
In this unit you will identify human health & well being The aims are as follows: **LG1**: Knowledge **LG2**: Application **LG3**: Skills	**Assessment Grades**			
	Mock Exam			
	Mock Exam – Health & Well Being			

Themes	Learning Goals/Outcomes/Content	👍	✊	👎
Health Indicators	E.g. health monitoring and illness prevention, measurements of heath LG1: To show understanding of consequences of measurement readings. LG3: Know how to use equipment for measuring aspects of health.			
Resting Pulse Rate and Recovery After Exercise	E.g. pulse rate, resting pulse rate, recovery after exercise LG1: To understand what pulse rate and resting pulse rate is. LG2: To show understanding of readings before, during and after exercise. LG3: Use equipment to check own pulse rate.			
Blood Pressure	E.g. Blood pressure, high blood pressure, low blood pressure LG1: Know blood pressure and the impacts of high and low blood pressure on health and wellbeing. LG2: To understand their own blood pressure reading. LG3: Be able to take own blood pressure.			
Peak Flow	E.g. high and low peak flow, impact of a low peak flow on health and wellbeing LG1: Understand why we use a peak flow meter. LG3: Use a peak flow meter.			
Body Mass Index (BMI)	E.g. why measure body fat, calculating BMI LG1: Understand why we use BMI. LG3: Work out and calculate BMI.			
Interpreting Lifestyle Data	E.g. lifestyle factors, examples of lifestyle data LG1: To find out about up to date data and risks to health and wellbeing. LG3: Researching and working as a group.			
Interpreting Lifestyle Data on Smoking	E.g. who produces lifestyle data on smoking and alcohol and inactivity, what the data achieves, laws			

| and Alcohol and Inactivity | on smoking, what data shows, safe limits for alcohol, the cost of inactivity.

LG1: To understand who produces lifestyle data and laws on smoking and alcohol and inactivity.

LG2: To be able to apply and interpret what the data on smoking and alcohol and inactivity shows and the impact it can have on health and wellbeing. | | | |
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| Component 3: assessment practice | Component 3 Synoptic Assessment | | | |
| **Learning aim A: Factors that affect health and wellbeing**
Learning aim C: Person-centred health and wellbeing improvement plans | | | | |