




Yr 10 Tech Award Health & Social Care – Component 3 LAB	Road Map				
In this unit you will identify human lifespan and development The aims are as follows: <b>LG1:</b> Knowledge <b>LG2:</b> Application <b>LG3:</b> Skills	<b>Assessment Grades</b>				
	<b>External Examination: B1 &amp; B2</b>				
	External Synoptic Health and wellbeing Interpreting health indicators Physiological indicators Lifestyle indicators				
Themes	Learning Goals/Outcomes/Content				
Physiological Indicators	Explore how physiological indicators are used to measure health. Interpretation of physiological data according to published guidelines: <ul style="list-style-type: none"> <li>○ Resting heart rate (pulse) – normal range 60 to 100 bpm</li> <li>○ Heart rate (pulse) recovery after exercise – the heart’s ability to return to normal levels after physical activity is a good indicator of fitness</li> <li>○ Blood pressure – low blood pressure 90/60mmHg or lower, ideal blood pressure between 90/60mmHg and 120/80mmHg, pre-high between 120/80mmHg and 140/90mmHg, high blood pressure 140/90mmHg or higher</li> <li>○ Body mass index (BMI) – underweight below 18.5 kg/m<sup>2</sup>, healthy weight between 18.5 kg/m<sup>2</sup> and 24.9 kg/m<sup>2</sup>, overweight between 25 kg/m<sup>2</sup> and 29.9 kg/m<sup>2</sup>, obese between 30 kg/m<sup>2</sup> and 39.9 kg/m<sup>2</sup>, severely obese 40 kg/m<sup>2</sup> or above.</li> </ul>				
Abnormal Physiological Indicators	The potential significance of abnormal readings: <ul style="list-style-type: none"> <li>○ Impact on current physical health (short-term risks)</li> <li>○ Potential risks to physical health (long-term risks)</li> </ul>				
Lifestyle Indicators	Explore how lifestyle choices determine physical health. Interpretation of lifestyle data according to published guidelines: <ul style="list-style-type: none"> <li>○ Nutrition – the Eatwell Guide</li> <li>○ Physical activity – UK Chief Medical Officers’ Physical Activity Guidelines</li> <li>○ Smoking - UK Chief Medical Officers’ Smoking Guidelines</li> <li>○ Alcohol - UK Chief Medical Officers’ Alcohol Guidelines</li> <li>○ Substance misuse</li> </ul>				
<p><b>Links:</b></p> <p><b>Prior Learning:</b>            Builds on knowledge and skills from Biology lessons            Builds on knowledge and skills from PSHE            Personal life development            Builds on knowledge and skills from component 1 and component 2</p> <p><b>Future knowledge:</b>            Development of knowledge for A Level/BTEC Health &amp; Social, Biology and PSHE</p>					