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**HEALTH AND  
SOCIAL CARE**

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**Level 3 Extended  
Certificate**

**Preparation Task**



As part of your induction programme, we are going to ask you to do a number of short tasks before September to prepare you for the course.

**Task 1**

**You need to read and familiarise yourself with the key information below, ensuring that you learn the life stages and ages that they cover.**

**Life Stages**

| <b>Life Stage</b> | <b>Age</b>       |
|-------------------|------------------|
| Birth and Infancy | Birth to 2 years |
| Early Childhood   | 3 to 8 years     |
| Adolescence       | 9 to 18 years    |
| Early adulthood   | 19 to 45 years   |
| Middle Adulthood  | 46 to 69 years   |
| Late adulthood    | 70 to 84 years   |
| Later Adulthood   | 85+ Years        |

**Be prepared to be tested on these early in September**

## BTEC Level 3 Health and Social Care

### Preparation Task



Key features of physical development throughout the life stages.

| Life Stage        | Age            | Key Features Of Physical development  |
|-------------------|----------------|---|
| Birth and Infancy | 0 to 2 years   | Infants grow rapidly reaching half their adult height by the time they are two and a half years old.  |
| Early Childhood   | 3 to 8 years   | Children continue to grow at a steady pace. They continue to develop strength and coordination.   |
| Adolescence       | 9 to 18 years  | Adolescents experience growth spurts and develop sexual characteristics during puberty.   |
| Early adulthood   | 19 to 45 years | Young adults reach the peak of their physical fitness.  |
| Middle Adulthood  | 46 to 69 years | The ageing process begins with some loss of strength and stamina. Women go through menopause.   |
| Late adulthood    | 65 to 84 years | Adults will experience physical changes that can begin to impact other areas of development although many feel younger than their age at this life stage. |
| Later adulthood   | 85+ years      | The ageing process continues with gradual loss of mobility.   |

Each life stage will be explored by looking at physical, intellectual, emotional, and social development that feature during each life stage. This is sometimes referred to as **PIES development**



**Task 2**

Create 2 fact sheets that explain:

- (i) Bowlby's Theory of attachment
- (ii) Mary Ainsworth's Strange Situation Experiment

Develop your work by adding two paragraphs that explain in your own words why early attachments in infancy are really important for a child's short and longer term development.

[Stages of Attachment | Bowlby | Schaffer & Emerson \(1964\)](#)

[\(simplypsychology.org\)](#)

[Mary Ainsworth Strange Situation Experiment \(simplypsychology.org\)](#)

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### Task 3

There are many health related stories in the news at the moment. Your task is to collect and review six different health related stories in the media over the next six weeks.

Find articles from **at least three different sources of information**, for example magazine/newspaper articles, storyline in a television soap, discussion on internet news sites etc that have a link to health and social care.

The aim of this task is to encourage you to keep up to date with the current media topics related to health and social care and to explore the different sources of secondary information available. You do not need to do copious amounts of writing to prove that you have done this task but we would like evidence of it. This could be you putting together a folder of information that you have collected eg cut outs from newspapers and magazines/simple overview of a soap storyline/print out from a news web site, it is up to you. Please date and reference your sources of information.



#### Task 4

In the course you will need to be able to conduct research independently. This may involve using different sources of information and you may at times need to find your own sources of information. For this task I would like you to practice your research skills by finding out about The Joseph Rowntree Foundation. Use the website link below to complete the leaflet task.

#### Task

Create a detailed leaflet that explains:

- What the organisation's ethos is
- Which parts of society it focusses on
- What the main aims of the organisation are and how it works to bring about

<https://www.jrf.org.uk/>



### Task 5

Health and social care promotion and prevention is a significant way to support health and well-being in the UK.

Create a fact sheet that:

- Names one current UK government health and social care promotion/prevention strategy
- Explains clearly who the target group is
- Explores what the health promotion campaign looks like
- Assess the potential benefits of the health promotion campaign on the health and well-being of those it is aimed at

Examples of campaigns can come from the following areas:

- Vaccinations
- Age related health checks e.g., new born screening, NHS Health check (diabetes, hypertension, height/weight, blood pressure)
- Mental health education
- Health education for smoking, alcohol, and drugs, sexual health
- Accident prevention

Useful websites:

[NHS England » NHS Prevention Programme](#)

[Population health and prevention | NHS England | Workforce, training and education \(hee.nhs.uk\)](#)

Any questions contact me on [Phillips.j@myton.co.uk](mailto:Phillips.j@myton.co.uk)

With Thanks

Mrs. Phillips