ALL SAINTS
Sixth Form College
at The Academy of St Nicholas

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HEALTH & SOCIAL CARE

What is this course about:

This is a two-year course which covers different aspects of health and social care. It will equip you with the necessary skills, knowledge and understanding of how to provide high quality care and support to others. As well as this, communication skills that are vital for providing quality care.

What you will study:

Principles of health and social care

- Equality, diversity, and rights in health and social care settings
- Managing hazards, health and safety in health and social care settings
- Legislation in health and social care settings Topic Area 4 Best practice in health and social care settings

Anatomy and physiology for health and social care

- Cardiovascular system
- Respiratory system
- Digestive system
- Musculoskeletal system
- Control and regulatory systems
- Reproductive system

Person-centred approach to care

- Taking a person-centred approach
- Meeting needs and providing support in a person-centred way
- Communication skills needed to offer person-centred care

Supporting people with mental health conditions

- Definitions and views of mental health
- Mental health conditions
- Provision of mental health services
- Treatment and support for mental health conditions

Supporting people in relation to sexual health, pregnancy and postnatal health

- Advice and guidance on sexual health issues
- Advice and guidance on pregnancy, birth and post-natal issues Plan, deliver and review an advice and guidance session

Supporting healthy nutrition and lifestyles

- Dietary and activity needs of individuals
- Factors that influence dietary choices and physical activity levels
- Supporting individuals to plan meals that meet their needs

How you will be assessed:

A combination of external examinations and internally set coursework.

What will it prepare you for:

Both the subject-specific knowledge, understanding, and skills, and broader transferable skills developed in this qualification will help you progress into a career in nursing and healthcare.

In addition, students will be prepared to undertake apprenticeships in the following careers:

- District nurse
- Social care
- Mental health advisor
- Social worker
- Dental nurse