

## Explore



### Component 1

## Human Lifespan Development

**Aim:** understand how we grow and develop throughout our lives

**Assessment:** internally assessed assignments

**Weighting:** 30% of total course

During Component 1, your students will:

- **explore** how individuals develop physically, emotionally, socially and intellectually over time
- **investigate** how various factors, events and choices impact individuals' growth and development
- **discover** how people adapt to life events and cope with making changes.

## Develop



### Component 2

## Health and Social Care Services and Values

**Aim:** get to know how the Health and Social Care sector works and the care values that lie at the core of it

**Assessment:** internally assessed assignments

**Weighting:** 30% of total course

During Component 2, your students will:

- learn which health and social care services are available
- identify why people might need to use these services
- discover who's involved in providing these services
- explore what might stop people from accessing the services they need
- look at the care values the sector has to make sure people get the care and protection they need.

## Apply



### Component 3

## Health and Wellbeing

**Aim:** help improve someone's health and wellbeing

**Assessment:** externally assessed task, in which students create a health and wellbeing improvement plan for an individual, based on a brief

**Weighting:** 40% of total course

To achieve this aim, your students will:

- learn what 'being healthy' means to different people
- explore the different factors that might influence health and wellbeing
- identify key health indicators and how to interpret them
- assess an individual's health using what they've learned
- create a health and wellbeing improvement plan for that person, which includes targets and recommendations of support services available
- reflect on the potential challenges the person may face when putting the plan into action.