

**Applied General Qualifications** are rigorous, advanced (Level 3) qualifications. They allow entry to a range of higher education courses, either by meeting the entry requirements in their own right or being accepted alongside, and adding value to, other qualifications at Level 3, such as A Levels. They include a 40% exam requirement.



## **Level 3 CAMBRIDGE TECHNICAL IN HEALTH AND SOCIAL CARE** **(OCR specification)**

### **Year One Level 3 Cambridge Technical Certificate in Health and Social Care**

#### **Unit 1: Building positive relationships in health and social care**

This coursework aims to introduce you to the many different relationships that will be encountered within the Health and Social Care sector, whether with colleagues, senior members of staff, other professionals within the sector and individuals who require care and support. You will apply communication and relationship building skills in a practical way, considering how different factors, including context, can impact on the building of positive relationships. You will also be introduced to the concept of the person-centred approach.

#### **Unit 2: Equality, diversity and rights in health and social care**

This examined unit will help you to understand the implications of diversity on practice and also the effects of discriminatory practice on individuals who require care or support. You will gain an appreciation of how legislation and national initiatives can support anti-discriminatory practice. Strategies used to promote equality, respect diversity and support individuals' rights will be examined. You will recognise both good practice, and discriminatory practice in care situations. You will develop the judgement and decision-making skills to choose appropriate responses to care situations and determine a course of action to promote the equality, diversity and rights of individuals in care settings.

#### **Unit 3: Health, safety and security in health and social care**

This exam introduces you to health, safety and security in health and social care. You will acquire knowledge necessary to maintain a safe working environment for yourself, your colleagues and individuals who require care and support. You will learn how legislation, policies and procedures work to reduce risks in health and social care and the consequences of not following them. We will learn how to respond to different incidents and emergencies within health and social care settings.

### **Year Two Level 3 Cambridge Technical Extended Certificate in Health and Social Care**

#### **Unit 4: Anatomy and physiology for health and social care**

This exam covers the basic structure and functions of the body systems involved in everyday activities and maintenance of health, including cardiovascular, respiratory and digestive systems. You will also understand the part played by organs such as the pancreas, liver and kidney. You will investigate the systems and organs involved in detecting and responding to change, such as the nervous system, as well as the eyes and ears.

#### **Unit 10: Nutrition for health**

This coursework will be based on diet. How does what we eat impact our health? What really is healthy eating? How do we promote healthy eating? As future practitioners, it is important to understand the impact of nutrition on wellbeing and health. Rising levels of obesity are leading to increases in heart conditions, diabetes and liver disease. To the NHS, the costs of treating ill-health caused by poor diet are soaring; many health and social care practitioners are involved in the provision of meals, so it is important you understand and can explain good nutrition. You will have the opportunity to scrutinise different foods, consider their health benefits and investigate how to support other people to follow dietary advice to impact their health and wellbeing.

#### **Unit 17: Sexual Health, Reproduction and Early Development Stages**

This coursework highlights that health and wellbeing is not just relevant when you are an adult; it is just as relevant when you are a child and even before you are born. On successful completion you will have a sound understanding of the importance of sexual health and contraception. You will understand pre-natal health and the various stages of pregnancy and the factors that could have an impact. How can you be sexually healthy? How do you care for a newborn? What needs does a newborn have and how does this differ to a one year old?

*GCSE requirements:*

*English Language – grade 4*

*Double Science (Core and Additional) – grade 4 in BOTH, or a grade 4 in two separate Sciences*