



Year 11 Health and Social Care Revision Checklist 2021

Subject: Health and Social Care	Paper: Component 3	Duration: 2 Hours
What to revise	<p>How to revise it</p> <p>https://arkalexandra.org/sites/default/files/Year%2011%20Health%20%26%20Wellbeing%20-%20AO1%20Revision%20Pack.pdf</p> <p>https://www.youtube.com/watch?v=KocNfUYltgg</p>	
1 Physical and lifestyle factors that can have positive or negative effects on health and wellbeing	<p>Use the pack in the link at the top</p> <p>https://www.youtube.com/watch?v=aNI0p9BXo8w&list=PLyN88C3ysXEQv85qgK_cGRYE82-m1hoXo&index=2</p> <p>https://www.youtube.com/watch?v=fGxHwryXPYo&list=PLyN88C3ysXEQv85qgK_cGRYE82-m1hoXo&index=3</p> <p>https://www.nhs.uk/conditions/</p> <p>https://www.nhsinform.scot/illnesses-and-conditions</p> <p>https://www.mentalhealth.org.uk/a-to-z/d/diet-and-mental-health</p> <p>https://www.livestrong.com/article/31172-effects-poor-nutrition-health/</p> <p>https://www.nhs.uk/live-well/exercise/exercise-health-benefits/#:~:text=Research%20shows%20that%20physical%20activity,depression%2C%20dementia%20and%20Alzheimer's%20disease.</p> <p>https://www.mentalhealth.org.uk/a-to-z/d/drugs-and-mental-health</p> <p>https://www.healthline.com/health/personal-hygiene#:~:text=Good%20personal%20hygiene%20habits%20are,troublesome%20or%20even%20serious%20issues.</p> <ul style="list-style-type: none"> • Genetic inheritance, including inherited conditions and predisposition to other conditions https://www.youtube.com/watch?v=fndfaDj8qew • Ill health (acute and chronic) - https://www.youtube.com/watch?v=aNI0p9BXo8w&list=PLyN88C3ysXEQv85qgK_cGRYE82-m1hoXo&index=2&t=2s • Diet (balance, quality and amount) - https://www.youtube.com/watch?v=fGxHwryXPYo&list=PLyN88C3ysXEQv85qgK_cGRYE82-m1hoXo&index=3 • Amount of exercise – Stress https://www.youtube.com/channel/UCzvkuX6CaSDQHpbxPjXsbdg • Substance use, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs - https://www.youtube.com/watch?v=5qIn-wgGC-c&list=PLyN88C3ysXEQv85qgK_cGRYE82-m1hoXo&index=4 • Personal hygiene 	
2 Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing	<p>Use the pack in the link at the top</p> <p>https://www.mentalhealth.org.uk/statistics/mental-health-statistics-relationships-and-community</p> <ul style="list-style-type: none"> • Social interactions, e.g. supportive/unsupportive relationships, social integration/isolation • Stress, e.g. work-related • Willingness to seek help or access services, e.g. influenced by culture, gender, education 	
3 Economic factors that can have positive or negative effects on health and wellbeing	<p>Use the pack in the link at the top</p> <ul style="list-style-type: none"> • Financial resources 	



		https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/your-communities-health/other-factors-affecting-health/other-factors-affecting-health.aspx
4	Environmental factors that can have positive or negative effects on health and wellbeing	<p>Use the pack in the link at the top</p> <ul style="list-style-type: none"> • Environmental conditions, e.g. levels of pollution, noise • Housing, e.g. conditions, location <p>https://online.regiscollege.edu/blog/environmental-factors-that-affect-health/</p>
5	The impact of life events relating to relationship changes and changes in life circumstances.	<p>Use the pack in the link at the top</p> <p>https://quizlet.com/70469195/health-and-social-care-how-life-events-can-affect-human-growth-and-development-flash-cards/</p>
6	Interpreting health indicators	<p>Physiological indicators</p> <ul style="list-style-type: none"> • Pulse Rate https://www.youtube.com/watch?v=hkfvnPUukSo https://www.bhf.org.uk/informationsupport/how-a-healthy-heart-works/your-heart-rate https://www.healthline.com/health/dangerous-heart-rate#what-is-a-dangerous-rate • Blood Pressure https://www.nhs.uk/common-health-questions/lifestyle/what-is-blood-pressure/ http://www.bloodpressureuk.org/your-blood-pressure/understanding-your-blood-pressure/what-do-the-numbers-mean/ • BMI https://www.nhs.uk/common-health-questions/lifestyle/what-is-the-body-mass-index-bmi/ <p>The issue with BMI - https://www.youtube.com/watch?v=z_3S2_41_FE Interesting BMI video for thought! https://www.youtube.com/watch?v=BT-r3w1m5U0</p> <ul style="list-style-type: none"> • Peak Flow https://www.youtube.com/watch?v=baLYBXcglmk https://www.nhs.uk/conditions/peak-flow-test/#:~:text=Peak%20flow%20is%20a%20simple,called%20a%20peak%20flow%20meter. https://www.blf.org.uk/support-for-you/breathing-tests/peak-flow
7	Lifestyle indicators	<p>Lifestyle indicators</p> <ul style="list-style-type: none"> • Alcohol https://www.nhs.uk/live-well/alcohol-support/the-risks-of-drinking-too-much/ https://www.youtube.com/watch?v=-skVpmoaGI 100 days without alcohol – https://www.youtube.com/watch?v=Ci44M4B5wz4 https://www.youtube.com/watch?v=J-5QQT-ZUMU • Smoking https://www.nhs.uk/common-health-questions/lifestyle/what-are-the-health-risks-of-smoking/ https://ash.org.uk/home/ https://www.bupa.co.uk/health-information/lungs-breathing/effects-of-smoking https://www.youtube.com/watch?v=Y18Vz51Nkos https://www.youtube.com/watch?v=bA-s39UH4QY • Inactivity https://www.bhf.org.uk/informationsupport/risk-factors/physical-inactivity https://www.who.int/news-room/fact-sheets/detail/physical-activity https://www.youtube.com/watch?v=wUEl8KrMz14