

PEARSON BTEC HEALTH AND SOCIAL CARE

Pre-Induction Task 2026



Health and social care

Summary of Health and Social care

This ranges from how humans develop over their lifespan; to the roles and responsibilities of HSC workers; how individuals with additional needs can be supported in their care and to how our

nutritional intake influences our health. We investigate a range of human biology topics, from the body systems to a range of illnesses and diseases. The course aims to provide students with an understanding of how to meet the needs of individuals in HSC settings, and to develop skills and qualities such as empathy that will enable them to challenge stereotypes and encourage anti-

discriminatory practice. The units we study to give students a variety of knowledge and experiences in their HSC journey, and to optimise the impact of our staff specialism.

The course includes a mixture of coursework and exam units, which are followed so that they build upon each other, as the students' understanding grows throughout the year. This allows the students to embed their knowledge and allows them the opportunity put it into practice with a balance of coursework and exams at a manageable pace.

Unit 1-Human lifespan and development

Key concepts that you will focus on within unit 1

- Human growth and development across the life stages.
- Factors that can influence human growth, development and human health
- Health inequalities and prevalent health conditions across the life stage
- Health and social care promotion and prevention, professionals and integrated care systems

Task 1 – Life stages

Research the following life stages and identify key stages of development, ranging from Physical, Intellectual, Emotional and Social development. Some key features have been identified for the first life stage to support your understanding of the task. You will need to explain what these are and how they can impact on a person's development.

Birth and infancy (0-2) Key features: Infants grow rapidly, at around one years old infants can walk, by two they can run, develop motor skills, Language development, object permanence, attachment, stages of play

Early childhood (3-8)

Adolescence (9-18)

Early adulthood (19-45)

Middle adulthood (46-69)

Late adulthood (70-84)

Later adulthood (85+)

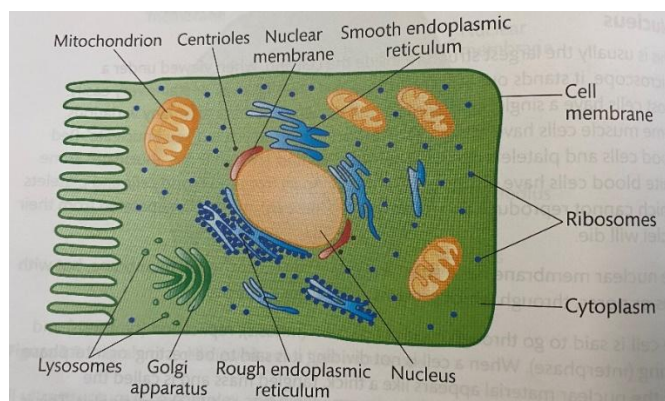
Unit 2- Human Biology and Health

Key concepts that you will focus on within unit 2

- Organisation of the human body
- Body systems
- Disorders of the body and effect on body systems

Task 2

You need to research and describe how cells work within the body. Below is an image of a ciliated epithelial cell. You need to be able to describe the function and structure of each part of the labelled diagram.



Task 3

Write a report on cellular respiration. You need to discuss the process of cellular respiration, as well as discussing both aerobic respiration and anaerobic respiration.

Useful reading and websites

Recommended text	Pearson Level 3 Alternative Academic Qualification, BTEC National in Health and Social Care (Extended Certificate).
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Useful Websites
Up-to-date information about the NHS can be found at: www.nhs.co.uk Information from the Department of Health can be found at: www.dh.gov.uk Information about the World Health Organisation can be found at: www.WHO.int