

BTEC Tech Award in Health and Social Care 2022 Specification  
Component 3: Health and Wellbeing Learning Objective A

| <b>Personal Learning Checklist</b>                |                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |
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| <b>Learning Objective</b>                         | <b>Criteria</b>                                                                                                                                                                                                                                                                                                                                                                                            |  |  |  |
| <b>A1: Factors affecting health and wellbeing</b> |                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |
| <b>A1</b>                                         | <b>Definition of health and wellbeing:</b> a combination of physical health and social and emotional wellbeing, and not just the absence of disease or illness.                                                                                                                                                                                                                                            |                                                                                     |                                                                                     |                                                                                     |
| <b>A1</b>                                         | <b>Physical factors that can have positive or negative effects on health and well-being:</b> <ul style="list-style-type: none"> <li>• inherited conditions – sickle cell disease, cystic fibrosis</li> <li>• physical ill health – cardiovascular disease, obesity, type 2 diabetes</li> <li>• mental ill health – anxiety, stress</li> <li>• physical abilities</li> <li>• sensory impairments</li> </ul> |                                                                                     |                                                                                     |                                                                                     |
| <b>A1</b>                                         | <b>Lifestyle factors that can have positive or negative effects on health and well-being:</b> <ul style="list-style-type: none"> <li>• Nutrition</li> <li>• physical activity</li> <li>• smoking</li> <li>• alcohol</li> <li>• substance misuse.</li> </ul>                                                                                                                                                |                                                                                     |                                                                                     |                                                                                     |
| <b>A1</b>                                         | <b>Social factors that can have positive or negative effects on health and well-being:</b> <ul style="list-style-type: none"> <li>• supportive and unsupportive relationships with others – friends, family, peers and colleagues</li> <li>• social inclusion and exclusion, bullying</li> <li>• discrimination.</li> </ul>                                                                                |                                                                                     |                                                                                     |                                                                                     |
| <b>A1</b>                                         | <b>Cultural factors that can have positive or negative effects on health and wellbeing:</b> <ul style="list-style-type: none"> <li>• religion</li> <li>• gender roles and expectations</li> <li>• gender identity</li> <li>• sexual orientation</li> <li>• community participation.</li> </ul>                                                                                                             |                                                                                     |                                                                                     |                                                                                     |
| <b>A1</b>                                         | <b>Economic factors that can have positive or negative effects on health and well-being:</b> <ul style="list-style-type: none"> <li>• employment situation</li> <li>• financial resources – income, inheritance, savings.</li> </ul>                                                                                                                                                                       |                                                                                     |                                                                                     |                                                                                     |
| <b>A1</b>                                         | <b>Environmental factors that can have positive or negative effects on health and well-being:</b> <ul style="list-style-type: none"> <li>• housing needs, conditions, location</li> <li>• home environment</li> <li>• exposure to pollution – air, noise and light.</li> </ul>                                                                                                                             |                                                                                     |                                                                                     |                                                                                     |
| <b>A1</b>                                         | <b>The impact on physical, intellectual, emotional and social health and well-being of different types of life events:</b> <ul style="list-style-type: none"> <li>• physical events</li> <li>• relationship changes</li> <li>• life circumstances.</li> </ul>                                                                                                                                              |                                                                                     |                                                                                     |                                                                                     |

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