

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

Personal Learning Checklist				
Learning Objective	Criteria	😊	😐	😞
B1: Physiological Factors				
B1	Interpretation of physiological data according to published guidelines: - resting heart rate (pulse) – normal range 60 to 100 bpm - heart rate 2(pulse) recovery after exercise – the heart’s ability to return to normal levels after physical activity is a good indicator of fitness - blood pressure – low blood pressure 90/60mmHg or lower, ideal blood pressure between 90/60mmHg and 120/80mmHg, pre-high between 120/80mmHg and 140/90mmHg, high blood pressure 140/90mmHg or higher - body mass index (BMI) – underweight below 18.5 kg/m² , healthy weight between 18.5 kg/m² and 24.9 kg/m² , overweight between 25 kg/m² and 29.9 kg/m² , obese between 30 kg/m² and 39.9 kg/m² , severely obese 40 kg/m² or above.			
B1	The potential significance of abnormal readings: - impact on current physical health (short-term risks) - potential risks to physical health (long-term risks)			
B2: Lifestyle Indicators				
B2	Interpretation of lifestyle data according to published guidelines: - nutrition – the Eatwell Guide - physical activity – UK Chief Medical Officers’ Physical Activity Guidelines - smoking – UK Chief Medical Officers’ Smoking Guidelines - alcohol – UK Chief Medical Officers’ Alcohol Guidelines - substance misuse.			