

# Health and Social Care Task



**You are expected to complete one side of typed A4 to bring back with you in September on one of the following areas. This knowledge will be shared with the other Year 12 H&SC students.**

1. Growth and development i.e. definitions, principles of growth, principles of development, milestones, centile lines, developmental norms
2. Physical development in infancy and early childhood, including gross and fine motor skills
3. Physical development in early childhood (3-8 years) including gross and fine motor skills
4. Physical development in adolescence (9-18 years) including development of primary and secondary sexual characteristics and the role of hormones in sexual maturity
5. Physical development in early adulthood (19-45 years) including ages where physical strength peaks, pregnancy and lactation and the perimenopause
6. Physical development in middle adulthood (46-65 years) including the menopause and effects of the ageing process
7. Physical development in later adulthood (65+ years) including life expectancy, deterioration of health and intellectual abilities, cognitive impairment and memory loss
8. Intellectual and language skills in infancy and early childhood, including the stages of language development and encouraging language development
9. Piaget's stages of cognitive development, including egocentric thinking, concrete logical thinking and abstract logical thinking
10. The development of schemas, including equilibrium, disequilibrium and accommodation
11. Chomsky's model of language acquisition
12. The development and importance of self-concept, including developing positive or negative self-esteem and developing positive or negative self-image
13. Stages of play in infancy and early childhood, including solo play, parallel play and co-operative play
14. The development of social relationships, including developing friendships and relationships, the social benefits of friendships and the effects of peer pressure
15. Genetic factors that affect development i.e. Gesell's maturation theory, genetic predisposition, cystic fibrosis, brittle bone disease, phenylketonuria (PKU)
16. Genetic factors that affect development i.e. Huntington's disease, Klinefelter Syndrome, Down's syndrome, colour blindness and Duchenne muscular dystrophy
17. Genetic factors that affect development i.e. susceptibility to disease, cancer, diabetes and high blood pressure
18. Biological factors that affect development i.e. foetal alcohol syndrome, maternal infections during pregnancy and lifestyle/diet during pregnancy
19. Environmental factors that affect development e.g. exposure to pollution – respiratory disorders, cardiovascular problems, allergies.
20. Environmental factors that affect development e.g. poor housing conditions – respiratory disorders, cardio vascular problems, hypothermia and anxiety and depression.
21. Access to health and social care services in Norfolk (different parts) e.g. availability of transport, opening hours of services.
22. Social factors that affect development e.g. family dysfunction, parental divorce or separation, sibling rivalry, parenting style.

# Health and Social Care Double Task



You are expected to complete one side of typed A4 to bring back with you in September on one of the following disorders and health conditions. This knowledge will be shared with the other Year 12 H&SC students.

1. Diabetes
2. Parkinson's disease
3. Alzheimer's disease
4. Rheumatoid arthritis
5. Osteoporosis
6. Asthma
7. Chronic Obstructive Pulmonary Disease
8. Coronary heart disease
9. Leukaemia
10. Bowel cancer
11. Prostate cancer
12. Sickle cell anaemia
13. Obesity
14. Spina Bifida

**On your A4 sheet you need to copy any web links from the internet sites that you find the information from.**

**A good place to start is:**

<https://www.england.nhs.uk/>

# Health and Social Care Triple Task



You are expected to research 5 local health and social care providers that you could carry out work experience at and produce one side of typed A4 for each provided and are to bring back with you in September. This knowledge will be used to start researching and setting up work experience placements in September.

Remember to choose setting from the list of appropriate providers.

You need to find the following information:

- Name of provider
- Address
- Telephone number
- A contact email
- Web address – link
- Opening hours
- Description of services they provide
- List of professionals that would work at that provider

It does not mean that you have to carry out your work experience at one of these providers.