

## **Level 3 Cambridge Technical Extended Certificate in Health and Social Care**

This qualification is taken over two years. In the first year students will cover:-

### **Unit 1 Building Positive Relationships in Health and Social Care**

This unit aims to introduce students to the many different relationships that they will encounter within the Health and Social Care sector, whether with colleagues, senior members of staff, other professionals within the sector and individuals who require care and support. They will apply communication and relationship building skills in a practical way, considering how different factors, including context, can impact on the building of positive relationships. Students will also be introduced to the concept of the person-centred approach which will help with their relationship building skills.

### **Unit 2 Equality, Diversity and Rights in Health and Social Care**

This unit will help students to understand the implications of diversity on practice and also the effects of discriminatory practice on individuals who require care or support. They will also gain an appreciation of how legislation and national initiatives can support anti-discriminatory practice. Strategies used to promote equality, respect diversity and support individuals' rights will be examined. Students will develop the ability to recognise both good practice, and discriminatory practice in care situations. They will develop the judgement and decision-making skills to choose appropriate responses to care situations and determine a course of action to promote the equality, diversity and rights of individuals in care settings.

### **Unit 3 Health, Safety and Security in Health and Social Care**

This unit introduces students to health, safety and security in health and social care. They will acquire the necessary knowledge and skills to equip them in maintaining a safe working environment for themselves, their colleagues and individuals who require care and support. Students will learn how legislation, policies and procedures work to reduce risks in health and social care and the consequences of not following them. They'll also learn how to respond to different incidents and emergencies within health and social care settings.

After successfully completing the first year they will study

### **Unit 4 Anatomy and Physiology for Health and Social Care**

This unit aims to introduce students to the basic structure and functions of the body systems involved in everyday activities and maintenance of health, including cardiovascular, respiratory and digestive systems. They will also understand the part played by organs such as the pancreas, liver and kidney. They'll investigate the systems and organs involved in detecting and responding to change such as the nervous system as well as the eyes and ears. Unfortunately, things do go wrong, and each system has well-known diseases and disorders. Also as individuals grow older, they are likely to be affected by malfunctions because of degeneration. Some of these will simply be inconvenient; others will be life changers. Students will understand the effects on individuals and what must be done daily to enable them to lead as full and independent life as possible.

## **Unit 10 Nutrition for Health**

This unit introduces nutritional health and the components of good nutrition. Your students will have the opportunity to scrutinise different foods, consider their health benefits and investigate how to support other people to follow dietary advice to impact their health and wellbeing.

## **Unit 13 Sexual Health, Reproduction and Early Development Stages**

This unit will look at the development from conception to a year of age. On successful completion students will have a sound understanding of the importance of sexual health and contraception. They will understand pre-natal health and the various stages of pregnancy and the factors that could have an impact.