

Y11 Revision

HEALTH AND SOCIAL CARE

Revision topics for mock exam



11YW

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| <ul style="list-style-type: none">• Health and wellbeing• Genetic inheritance• Ill health• Accident and injury• Balanced diet• Effects of an unbalanced diet• Exercise• Personal hygiene• Alcohol• Smoking and nicotine use• Drugs• Social interaction• Relationships• Stress | <ul style="list-style-type: none">• Asking for help• Economic factors• Environmental factors• Housing• Expected life events• Unexpected life events• Health indicators• Pulse• Blood pressure• Peak flow• Body mass index• Smoking• Alcohol consumption• Inactive lifestyle |
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| <ul style="list-style-type: none">• Barriers to accessing identified services• Unachievable targets• Availability of resources• Time constraints• Emotional and psychological obstacles• Potential obstacles• Informal support• Formal support• Targets• Goals and recommended actions• Health and wellbeing plans• Person centered approach• Health and wellbeing• Genetic inheritance• Ill health• Accident and injury• Balanced diet | <ul style="list-style-type: none">• Effects of an unbalanced diet• Exercise• Personal hygiene• Alcohol• Smoking and nicotine use• Drugs• Social interaction• Relationships• Stress• Asking for help• Economic factors• Environmental factors• Smoking• Alcohol consumption |
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