|  |
| --- |
| Course name: Health and Social Care |
| Which course/ syllabus will I be following?  OCR Cambridge National Certificate in Health and Social Care Level 2 |
| Reason  You should consider studying this course if you have an interest in a career in the caring profession including, health care, social care and the criminal justice system. The course will provide you with essential knowledge, transferable skills and tools to improve your learning and own personal development.  This course will introduce you to the specialist knowledge and skills needed to work in the care sector. This will particularly focus on core values, including communicating with individuals in order to maintain their dignity and sense of being valued, understanding the body and how it works, learning how to support individuals to maintain their rights, the importance of values of care and the impact of legislation and personal hygiene, safety and security measures.  The care sector is the biggest employment sector in the UK, and this course will allow you to explore the role it plays in the health, well-being and care of individuals of all ages.  You will also be able to develop a range of transferable skills including the ability to empathise with others, communicate effectively with individuals, team work, making informed decisions, analysing and evaluating important information and essential life skills of First Aid. |
| How is the course assessed?  This course is assessed through four units of study.  **Unit 1** covers essential values of care for use with individuals in care settings. *This is assessed through a 1 hour written paper which is worth 25% of your overall grade and is externally assessed.*  **Unit 2** covers communicating and working with individuals in health, social care and early years’ settings. This is assessed through an assignment where you will be expected to explain communication techniques and demonstrate these in action. *This unit is worth 25% of your overall grade and is internally assessed.*  **Unit 3** covers creative activities to support individuals in health, social care and early years’ settings. This is assessed through an assignment where you will be expected to learn how to plan, carry out and evaluate appropriate activities. *This unit is worth 25% of your overall grade and is internally assessed.*  **Unit 4** covers understanding the nutrients needed for good health. This is assessed through an assignment where you will be expected to create a dietary plan for individuals with specific dietary needs and prepare an appropriate meal. *This unit is worth 25% of your overall grade and is internally assessed.* |
| Which careers/ post 16 courses will this course help me to prepare for?  This course will help you to prepare for many care courses post 16, including a range of A-Levels or Vocational course. This could include courses in Health and Social Care, Adult Care and Early Years and Child Care.  Career progression routes could lead to Childcare, Nurse, Health Visitor, Counsellor, Care Worker, Social Worker, Community Support Worker, Occupational Therapist, etc. |