

NOA Sixth Form



Pearson Level 3 Alternative Academic Qualification BTEC National in Health and Social Care (Extended Certificate)

Bridging Work 2025

To support you in your transition into sixth form and onto the Level 3 HSC course, it is important you are prepared for this transition. Bridging work will help prepare you for the start of sixth form and allow you to see what this work may be like.

All work will need to be handed into me in your **first lesson** in September. If you have any questions regarding the work, please email me below.

Mrs Bannister

Kathryn.Bannister@northoxfordshire-academy.org

Name: _____



What will I be studying in the first year?

This course allows you an insight in the many roles available within health and social care from nurses to social workers to child care assistants and beyond they have many key features that we shall explore and apply. You will be studying a range of units which will help you to gain skills that will be valuable in your chosen profession or future study. You will learn about the human body and mind alongside the changes across time. You will learn what it means to work in the sector and what skills and behaviours you will need to develop. We will study the following units;

Unit 1: Human Lifespan and Development

Unit in brief

Students examine physical, intellectual, emotional and social development across the human lifespan, the interaction between biological and social factors in health and well-being and how health care professionals provide effective care.

How is it assessed?

Exam - 80 marks - 1 hour 30 mins

Students will be assessed through multiple-choice, short- and long-answer questions.

Unit 2: Human Biology and Health

Unit in brief

Students explore the organisation, structure and normal physiological functioning of the human body, and the effect on health of common disorders of the body systems.

How is it assessed?

Exam - 80 marks - 1 hour 30 mins

Students will be assessed through multiple-choice, short- and long-answer questions.

Unit 3: Principles of Health and Social Care practice

Unit in brief

Students focus on the principles that underpin meeting the care and support needs of individuals, which are the foundation of all services within health and social care.

How is it assessed?

This unit is Internal assessed through a Pearson-Set Assignment Brief (PSAB). Pearson sets the assignment for the assessment of this unit. The PSAB will take approximately 12 hours to complete.

Unit 5: Promoting Health Education

Unit in brief

Students explore the purpose of health education, models and approaches to educating the public and encouraging behaviour change in the population.


How is it assessed?

How is it assessed?

This unit is Internal assessed through a Pearson-Set Assignment Brief (PSAB). Pearson sets the assignment for the assessment of this unit. The PSAB will take approximately 17 hours to complete.



Task: Research and define the following words which are central to the core units. Then, draw a symbol to summarise the term and help you remember it.

Term	Definition	Symbol
Adolescence	An important status change following the onset of puberty during which a young person develops from a child into a adult.	
Advocate		
Attachment		
Care package		
Clinical Commissioning Groups (CCGs)		
Development		
Discrimination		
Diversity		
Empathy		
Ethical		



Term	Definition	Symbol
Fine Motor Skills		
Growth		
Holistic Approach		
Milestone		
Nature		
Nurture		
Risk Assessment		
Safeguarding		
Self-Concept		
Self-Esteem		



Research a list of Health and Social Care jobs/ and medical terms for each letter of the alphabet. Write them below.

a	b	c	d	e	f	g	h	i
---	---	---	---	---	---	---	---	---

j	k	l	m	n	o	p	q	r
---	---	---	---	---	---	---	---	---

s	t	u	v	w	x	y	z	
---	---	---	---	---	---	---	---	--

Research task



Choose a professional from the following:

- Midwife
- Paramedic
- Paediatric nurse
- Nutritionist
- Physiotherapist

You could choose your own idea from health and social care roles if you prefer.

Create a fact file for your chosen job role

You could include:

- A day in the life of.....
- General roles and responsibilities
- Routes into the role/ qualifications required
 - Skills & qualities
 - Average pay
 - Where they work
 - Who they work with

And anything else you think may be suitable

Write a definition of;

Equality	
Diversity	
Empowerment	

Research and make notes on the following services/support groups;

- 1. Who do they help?
- 2. How can they support them?

SEAP

MIND

AGE UK

MENCAP

EMPOWERME

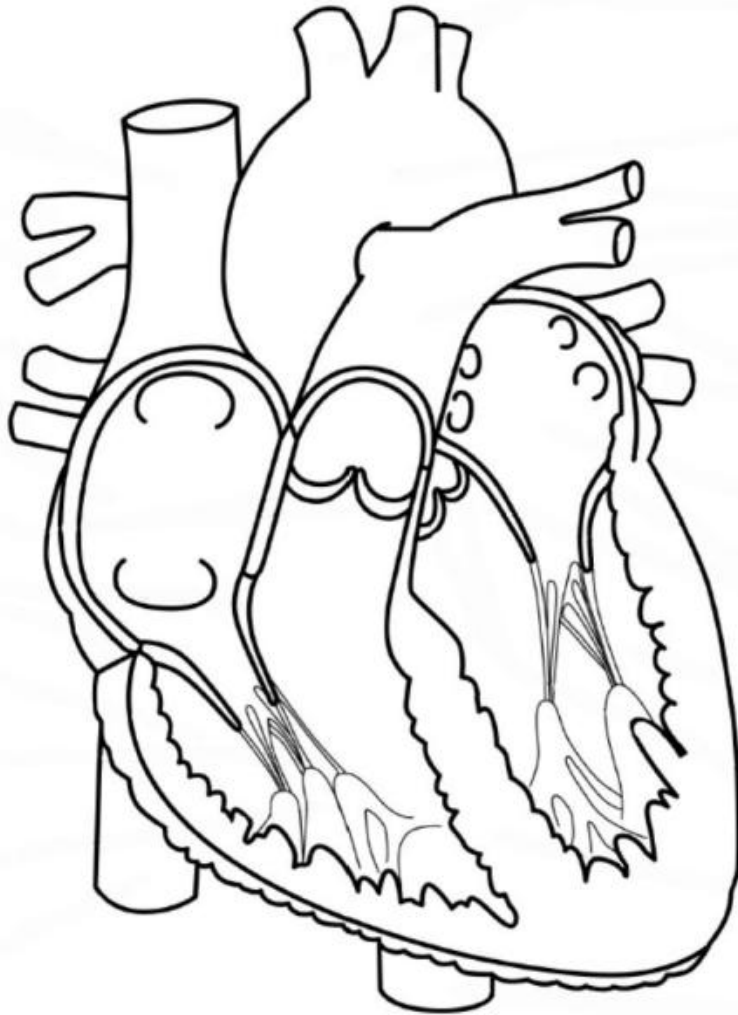
HEADWAY

Abuse can happen when care is not effective.

Abuse	Explanation and how it might occur in range of settings
Physical	
Verbal	
Psychological	
Sexual	
Neglect	

Legislation	Key aspects
Care Act 2014	
Mental Capacity Act 2005	
Human Rights Act 1998	
Children and Families Act 2014	
Data Protection Act 1998 (GDPR - 2018)	
The Equality Act 2010	
Children Act 2004	
Health and Social Care Act	

The Heart



Vital parts to label *(other parts are interesting, but not vital to the exam):*

Left atrium	Superior vena cava	Bicuspid valve	Aorta
Right atrium	Inferior vena cava	Tricuspid valve	Septum
Left ventricle	Pulmonary veins	Aortic semi-lunar valve	
Right ventricle	Pulmonary arteries	Pulmonary semi-lunar valve	

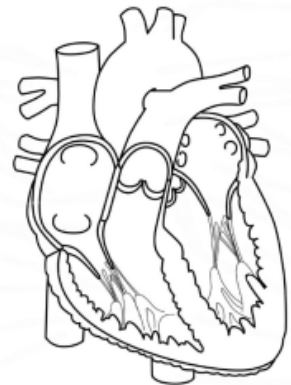
Parts of the Heart

Left atrium	Superior vena cava	Bicuspid valve	Aorta
Right atrium	Inferior vena cava	Tricuspid valve	Septum
Left ventricle	Pulmonary veins	Aortic semi-lunar valve	
Right ventricle	Pulmonary arteries	Pulmonary semi-lunar valve	

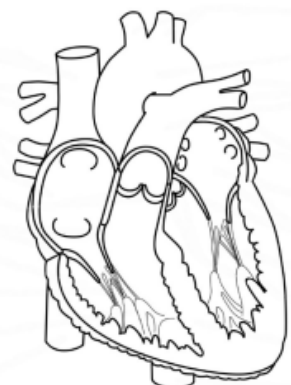
Put these parts in the correct order for the blood flow.

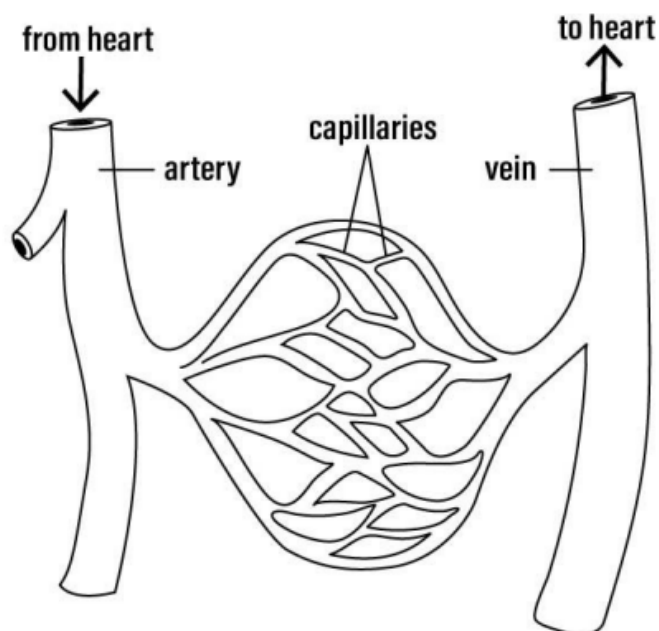
BLOOD FLOW	HEART PART
Deoxygenated blood arrives in the heart from the upper body through the...	
... and from the lower body through the...	
All the deoxygenated blood comes into the first chamber, called the...	
It is then pumped through the...	
into the....	
This gives a very strong contraction to pump the blood through the...	
into the ...	
which take the blood to the lungs. Here the carbon dioxide is dropped off and the new oxygen picked up.	
The blood returns to the heart from the lungs via the...	
and pours into the third chamber called the...	
It passes through the...	
into the fourth chamber, called the...	
This gives the hardest pump to send the blood through the...	
into the...	
and out to the body.	

Deoxygenated blood



Oxygenated blood





ARTERY

Draw the inside of a vein
& an artery to show the
difference

VEIN

	ARTERIES	CAPILLARIES	VEINS
Blood Flow Direction			
Vessel Walls Construction			
Vessel Walls Thickness			
Vessel Walls "Stretchiness"			
Internal Lumen			
Valves			

O Y E H D Z I I L A L Y N K C R F M J E P Y S M A Q S D Y Z
 M S Z V Q R Z P D O W N X O I M U A U L R W X X M S W B Z H
 X P D Y C X U F M R M B R G C I K Z U O K A C D U A P J L K
 P O C P K I T X W T J O H D R H Q D J T C L G D T E N D L X
 W V Z E F W S K Z A N T W T T F G D B S P M U P P Q Z A S J
 R W I I Q S U I M A A S A A W X P Y E Y P T G P E N I U Y I
 B O I Y V W G W R T B T M C G U J W J S J E V K S Y R E N X
 A I L G M H J Y R F F L K Q L D I E M A X U X B I C L F D O
 I O C R V G P I G E P U L M O N A R Y V E I N K X C R G N B
 X D R U A E U Z L F I G O K O M U Z D R Q W F B I M E W Z N
 E X T T S M V P Z Z T N I Z K K W E I Q I R I R X N X Z D Z
 Y U Q O I P L L H V A L W C A A D O Q Q X Q T O H M C N L W
 Q D I Z M C I A A R R S U P E R I O R V E N A C A V A G G V
 B O P V M A V D Y V O A F C J F R L M X E R C W U O D X N B
 Y Q C V E S M A V H D X N Z V S L G E V L I U A T O G K X R
 Y S U V L V R Q L A N I R U T V X W T D C G L M K C L Z W M
 E I V G A T Z X E V L T P B L U M F K U R H K S X E U O T L
 U T A E E W V P A B E V A S Q I E C E R Y T H R O C Y T E X
 C W K R R M C A M A K M E F U L M B N Q S V O A G M T Q Z H
 V J Y Y V Y O O D O V L X Q G C S E D K I E F J J T V Q E V
 E V L A V Y R A N O M L U P I C I V S U G N V U S T G X L Z
 Q I Q S C M V I M J I L K W M L Y R E M U T J H T D F E X Q
 S L N K Y O V F W K O T Q E F J E L T T C R T Q Q Q B V I W
 A V A C A N E V R O I R E F N I O U L Q T I K U X P V S Z L
 B M F G V O J K W O M D R X S T Z A C I L C Z G K M X V M L
 L J Y H F C F N B B A X U W S I V W M O G L Y Z K R X K Q Y
 N N J O P Y Y T S S Y P M A Z R N O Q I C E D J V Q Q V L P
 P G I Y U T X K M T J W I A K H Y I X O F Y S Q R A C P Y Z
 G Q P R H E E G W T Y D V K H T C P Y U S I T O F Q N X L Z
 K P D I A E Z X Z Y G A L M L O B G D A M H J E J S P V F U

Left atrium

Superior Vena Cava

Bicuspid Valve

Aorta

Right atrium

Inferior Vena Cava

Tricuspid Valve

Septum

Left Ventricle

Pulmonary vein

Aortic Valve

Right Ventricle

Pulmonary Artery

Pulmonary Valve

Semilunar

Systole

Diastole

Erythrocyte

Leucocyte

Monocyte

Coronary

Pump