

AAQ Health and Social Care– Year 11 Transition Pack (Summer Work)

Congratulations on choosing AAQ Health and Social Care! This summer transition pack is designed to prepare you for the step up to Level 3 study. Whether or not you studied HSC at Level 2, these tasks will help you develop the mindset and knowledge you'll need to succeed.

Overview of AAQ Health and Social Care

Year 12 Units:

1. Human Growth and Development through the Lifespan
2. Promoting Health Education

Summer Tasks Checklist

Task 1: Health and Social Care Professions Research

Objective: Identify roles that support development and wellbeing.

Instructions: Choose two professionals from each sector:

- **Health:** e.g. GP, nurse, midwife
- **Social Care:** e.g. care assistant, social worker

For each, explain:

- Their role and responsibilities
- How they support individuals in different life stages
- Qualifications/training needed

Task 2: Factors affecting Development

Objective: Understand the impact of different factors on health and development

Instructions: Make a list of **positive and negative factors** that can affect human development.

Examples:

- Genetics
- Lifestyle choices

Choose one factor and explain how it could affect someone at two different life stages.

Task 3: Case Study – Famous Person

Objective: Apply understanding of development in a real context.

Instructions: Choose a famous person (e.g., a public figure, celebrity, or historical person).

Research how they have developed over their lifespan in terms of:

- Physical development (e.g. sports career, illness)
- Intellectual development (e.g. education, career)
- Emotional/social development (e.g. relationships, mental health)

Present this in a short PowerPoint, poster, or report.

Life Stages :

Infancy 0-2years

Early childhood 3-8 years

Adolescence 9-18 years

Early adulthood 19-45 years

Middle adulthood 46-69 years

Late adulthood 70 – 84 years

Later adulthood 85+

PIES Development

Physical development refers to the growth and changes in a person's body and physical abilities over time. It includes both **gross motor skills** (like walking, running, or jumping) and **fine motor skills** (like writing, buttoning clothes, or using utensils).

Intellectual development refers to the growth and progression of a person's ability to think, understand, reason, learn, and remember. It plays a critical role in supporting a person's **overall well-being**, independence, and ability to interact with the world around them.

- **Infancy and Childhood:** Learning to speak, recognizing shapes and colors, developing memory.
- **Adolescence:** Developing more complex thinking, reasoning, and problem-solving skills.
- **Adulthood:** Applying knowledge in work and daily life, learning new skills.
- **Later life:** Maintaining cognitive functions or managing intellectual decline due to aging or illnesses like Alzheimer's.

Emotional development refers to the process by which individuals learn to understand, express, and manage their emotions, as well as develop empathy and form healthy relationships with others. It is a key aspect of overall well-being and is closely linked to mental health, personal identity, and social functioning.

Social development refers to the process of improving the well-being, quality of life, and social functioning of individuals and communities. It focuses on supporting people—especially those who are vulnerable or disadvantaged—to participate fully in society and lead fulfilling lives.

Useful Links

[Student Guide to AAQ BTEC National Extended Certificate in Health & Social Care | Reference Library | Health & Social Care | tutor2u](#)

[Unit 1 Exam Walkthrough | AAQ BTEC National | Reference Library | Health & Social Care | tutor2u](#)

[Using Command Words in Coursework | AAQ BTEC National | Reference Library | Health & Social Care | tutor2u](#)