

# Year 11 Mock Revision List

## Health & Social Care

### How to revise HSC:

- Key terminology on flashcards.
- Exam style questions- ensuring that for 'explain' questions that a POINT is made, and then EXPAND on your point.
- Looking through exercise books at previous work
- Knowledge organisers for Component 1 & 3.
- BTEC Tech Award in HSC Revision guide – this can be purchased on amazon, but you have all been provided with a printed copy for free.

### Additional Information:

**IMPORTANT:** As this mock paper has been created to only focus on content that has been covered so far, please ensure that you only focus on content within the Revision guide that is mentioned in the revision list to the right.

If you have not collected a free copy of the revision guide, please see Mrs Walters ASAP.

### Revision list:

#### Learning Objective A: Factors affecting health & wellbeing (PIES)

- **Physical Factors** – Inherited conditions, illness & diseases, physical ill health, mental ill health, disability, sensory impairment.
- **Lifestyle Factors** – Nutrition, smoking, alcohol misuse, substance/drug misuse, physical activity (exercise)
- **Emotional Factors** – safe, security, attachment, happiness, contentment.
- **Social Factors** – Supportive/Unsupportive relationships, social inclusion, social isolation/exclusion, discrimination, bullying.
- **Cultural Factors** – Influence of religion, community participation, gender roles, gender identity, sexual orientation, race.
- **Environmental factors** – housing, the home environment, pollution (air, noise, light, water).
- **Economic Factors** – employment situation (employed/unemployed/Retirement), Financial resources (inheritance, savings)

#### Learning Objective B: Life Events and Circumstances affecting health and wellbeing

- **Accident & Injury**
- **Physical & mental Illness**
- **Relationship changes** – new relationships, long-term relationships. Divorce/separation, parenthood, bereavement (loss of someone)
- **Life circumstances** – such as moving house, starting or moving schools, exclusion from education, redundancy (no longer needed)