

Revision Check list Health and Social Component 3 Health and Wellbeing

Content	Support	Tick when completed
Definition of Health	Revision book	
Physical and lifestyle factors affecting health -ill health -diet -Amount of exercise -smoking/alcohol/drugs -Personal Hygiene	Class notes Page 1-12 revision book	
Social, emotional factors -relationships -stress -willingness to seek help or access services	Class notes Page 13-15 revision book	
Economic Factors -Financial resources	Class notes Page 16 revision book	
Environmental Factors -levels of pollution -housing-conditions/location	Page 17-18 revision book Class notes	
The impact of life events relating to changes and changes in life circumstances.	Class notes Page 19-20 revision book	
Physiological Indicators of health -Pulse -blood pressure -Peak Flow -Body Mass index	Tables/charts in class notes Page 21-25 revision book	
Lifestyle Indicators -smoking -alcohol consumption -inactive lifestyles	Class notes Page 26-28 revision book	
Health and wellbeing plans -recommended actions -short term/long term targets -sources of support (formal/informal)	Page 33-38 revision book Class notes Past exam paper-have a look to see how you have to set this out.	
Obstacles to implementing plans -emotional -time constraints -availability of resources -unachievable targets -lack of support -ability/disability/addiction	PPE exam paper Powerpoint handouts. Long answer question re writes. Page 46 revision book	

