Year 11

Health and Social Care Term 2 Knowledge Organiser

1&2

Factors that effect health and wellbeing

Physical Factors	Social Factors	Cultural
o inherited conditions o physical ill health o mental ill health o physical abilities	o supportive and unsupportive relationships o inclusion & exclusion o bullying o discrimination.	o religion o gender roles, identity and expectations o sexual orientation o community
Lifestyle Factors	**Economic**	**Environmental**
o nutrition o physical activity o smoking o alcohol o substance misuse.	o employment situation o financial resources – income, inheritance, savings.	o housing needs, conditions, location o home environment o exposure to pollution – air, noise and light.

3&4

Economic Factors that can have a positive or negative effect on health and wellbeing:

- Employment situation
- Financial resources-income, inheritance, savings

Environmental Factors:

- Housing needs
- Conditions
- Location
- Home environment
- Exposure to pollution-air, noise and light

The impacts on physical, intellectual, emotional and social health and wellbeing of different life events:

- Physical events
- Relationship changes
- Life circumstances

5

B1 Interpreting Health Indicators

Physiological Indicators: Interpretation of physiological data according to published guidelines

- Resting Heart Rate (60-100bpm)
- Heart Rate recovery after exercise
- Blood Pressure
- Body Mass Index (BMI)

Understand the significance of abnormal readings:

- Impact of current physical health (short term risks)
- Potential risks to physical health (long-term risks)

6

B2 Lifestyle Indicators

Interpretation of lifestyle data according to published guidelines:

- Nutrition (eatwell plate)
- Physical Activity
- Smoking
- Alcohol
- Substance misuse