

Assignment title	<b>A Healthy Life</b>		
Assessor			

Date issued			
Interim Deadline		Final deadline	
Duration (approx)	6 hours		

Qualification suite covered	BTEC First Award in Health and Social Care		
Units covered	Unit 5: Promoting Health and Wellbeing		
Learning aims covered	Learning aim A: Explore the purpose, types and benefits of health promotion		

Scenario	<p>The local youth service has become concerned about the health of young people in the area. They have approached your health and social care department to see whether there should be a local health promotion campaign.</p> <p>The health and social care department has replied to the youth service, asking for a member of one of the local youth clubs to provide a report on health risks for adolescents. You have been chosen because you are studying for a health and social care qualification.</p>		
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Task 1	<p><b>A Healthy Life</b></p> <p>You must produce a report which will be presented to the local youth service. In your report you must:</p> <ul style="list-style-type: none"> <li>• describe what health promotion is</li> <li>• describe the aims and purposes of three different health promotion activities (when and why would each activity be used)</li> <li>• discuss ways in which different types of health promotion are used to benefit the health and wellbeing of individuals and the nation in general, giving at least three examples, and referring to evidence obtained from at least three different sources</li> <li>• referring to your examples of health promotion, analyse the benefits of health promotion to individuals and also to the nation as a whole. (You could begin by considering the benefits to yourself as an individual and then the benefits to people in general.)</li> </ul> <p>You should check with your teacher before using sources to ensure that they are valid and reliable.</p>		
Evidence you must produce for this task	A written report		

Criteria covered by this task:		
To achieve the criteria you must show that you are able to:	Unit	Criterion reference
Describe health promotion and the purpose and aims of three different health promotion activities.	5	2A.P1
Describe how different types of health promotion are used to benefit the health and wellbeing of individuals and the nation	5	2A.P2
Discuss how different types of health promotion are used to benefit the health and wellbeing of individuals and the nation, using selected examples	5	2A.M1
Analyse the benefits of different types of health promotion to individuals and the nation, using selected examples	5	2A.D1

Sources of information	<p><b>Text Books</b>  Haworth H, Higgins H, Hoyle H, Lavers S and Lewis C, <i>BTEC Level 2 First Health and Social Care</i>, (Pearson, 2010), ISBN 9781846906817</p> <p>Haworth E and Ashton A, <i>Edexcel GCSE Health and Social Care</i>, (Edexcel, 2009) ISBN 978184690 373 1</p> <p><b>Websites</b>  <a href="http://www.communitycare.co.uk">www.communitycare.co.uk</a>  <a href="http://www.nursingtimes.net">www.nursingtimes.net</a>  <a href="http://www.patient.co.uk">www.patient.co.uk</a></p>
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If you have not achieved the Level 2 criteria, your work will be assessed to determine if the following Level 1 criteria have been met.		
To achieve the criteria you must show that you are able to:	Unit	Criterion reference
State what is meant by health promotion, identifying the purpose and aim(s) of one health promotion activity	5	1A.1
Outline how health promotion is used to benefit individuals	5	1A.2