

Revision list CO22 HSC1 and HSC2

- Lifestyle, environmental and economic factors that affect health and wellbeing
- Effects on social and emotional wellbeing
- Ways in which different lifestyle factors effect health
- Ways to improve someone's health and wellbeing and why it would help
- Understand BMI
- Understanding heart rates
- Potential obstacles that might face someone when following the health and wellbeing improvement plan
- How obstacles can be overcome
- Action plans for enhancing the wellbeing of individuals
- Short- and long-term targets for individuals
- Support services available to individuals
- Physical, intellectual, emotional and social needs of individuals

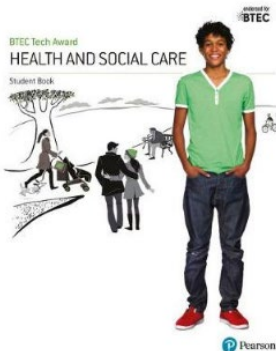
Resources:

NHS Website

Knowledge Organisers

Component 3 materials on TEAMS for Health and Well being.

Text book :



Revision book:

