

# Getting Ready For Level 3 Health and Social Care

Name		
CamTech Level 3 Health and Social Care Certificate (Single) and Foundation Diploma (Triple) Courses	Preparing for initial topics and work placement	Summer 2024

**Instructions:** We are delighted you have chosen to study Health and Social Care at Worthing College. This pack will help you make the best possible start to studying this subject. The tasks in this pack should take you **about 8 hours to complete**.

**The work must be completed electronically (with the exception of page 5) and saved onto a memory stick. You must bring the memory stick with your work on it and your printed and completed page 5 with you to your first health and social care lesson in September.** Make sure you keep the work safe until then. You will get feedback from your teachers on what you have done well and the challenges you will need to meet to achieve the highest possible grade. This will form part of an initial assessment of your progress your teacher will make in the first 2 weeks of the course. All the materials you need to complete the tasks are in this pack or available on the internet – follow the links in the document.

**If you need help:** The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at [gettingreadyfor@worthing.ac.uk](mailto:gettingreadyfor@worthing.ac.uk), telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays.

Summer work – Introduction to Health and Social Care		
Type of task	Task	Deadline
<b>Certificate &amp; Foundation Diploma (Task 1)</b>		
Independent Research	Complete the table provided which details key terms and concepts relating to care settings	<b>1st HSC Lesson in September 2024</b>
Written piece	Apply the terms and concepts in a written piece to evidence understanding.	
Self-assessment	Write a reflective self-assessment which details previous experiences of the workplace and illustrates own understanding of the value of undertaking work placement.	
<b>Foundation Diploma (triple) students only must complete the tasks below</b>		
Independent research	Follow the instructions and complete task 2 & 3	<b>1st HSC Lesson in September 2024</b>

## Your Level 3 CAMTEC in Health and Social Care

### Task 1 (Certificate and Foundation Diploma)

Welcome to the CAMTEC Level 3 in Health and Social Care. You may have heard this course referred to as being “vocational”. Vocational means “a special urge, inclination, or predisposition to a particular calling or career” ([www.thefreedictionary.com/vocation](http://www.thefreedictionary.com/vocation)) Many of you will be considering a career in nursing, midwifery, teaching or one of the allied professions and for this reason we place great emphasis on the work placement component of the course. It is **VITAL** that your Disclosure and Barring (DBS) documents are completed and sent away before you start the course as without this clearance you cannot commence work placement.

It is also important to recognise the core values which underpin good practice in care. The following activities are designed to clarify these before you start your course.

### Care values

Complete the table below using your own definitions and an example in health and social care.

Care value	Definition
Dignity	
Confidentiality	
Integrity	

Empathy	
Equality	
Diversity	
Respect	
Safeguard	

Your next task is to write a piece of about 500 words which relates to Health and Social Care, and which incorporates the key terms that you have defined in the table above. As a nurse, teacher or other H&SC worker, how might they apply to the care of your patient, service user or client? What examples can you think of where they might apply and why are these care (or core) values so important? This should be your own words and your own thoughts.

### **Personal and Professional Development**

You will find that you will change and develop as the course progresses. This type of development is on-going for any professional and continues throughout their career. It is important to track and record these changes and you will be expected to do this as part of your assessed work, but it may be useful to you to assess your skills and abilities at this moment in time.

Write a self-assessment using the following headings:

**I want to study health and social care because ... (include career aspirations)**

**Experience / knowledge I have that will help with my Health and Social care studies is ...** (e.g., work experience from high school, babysitting or childcare experience, voluntary work, part time employment, experience of caring in your family, related GCSEs or other L2 courses)

**What I hope to gain from work experience .....**

**What can I give to my work experience placement? ...** (think about your personality traits – are you kind? a good listener? a reliable/ hard worker?)

## Task 2: Unit 5. Infection Control (Foundation Diploma (triple) Only)

1. Write a paragraph giving a definition of your understanding of the term 'Infection Control'
2. Investigate, and write a paragraph each, describing the following **key terms**:

• Infection	• Contamination	• Hygiene
• Disease	• Carrier	• Virus

## Task 3- (Foundation Diploma (triple) students only)

### Anatomy and physiology

#### The Heart

Your heart, blood and blood vessels together make up your body's cardiovascular system. You are going to complete one activity regarding a description of the key components of the heart including their locations and functions.

Please read the suggested article, watch the video and complete the activities below.

[www.bhf.org.uk/heart-health/how-a-healthy-heart-works](http://www.bhf.org.uk/heart-health/how-a-healthy-heart-works)

#### Activity

Each day your heart beats about 100,000 times to keep you alive.

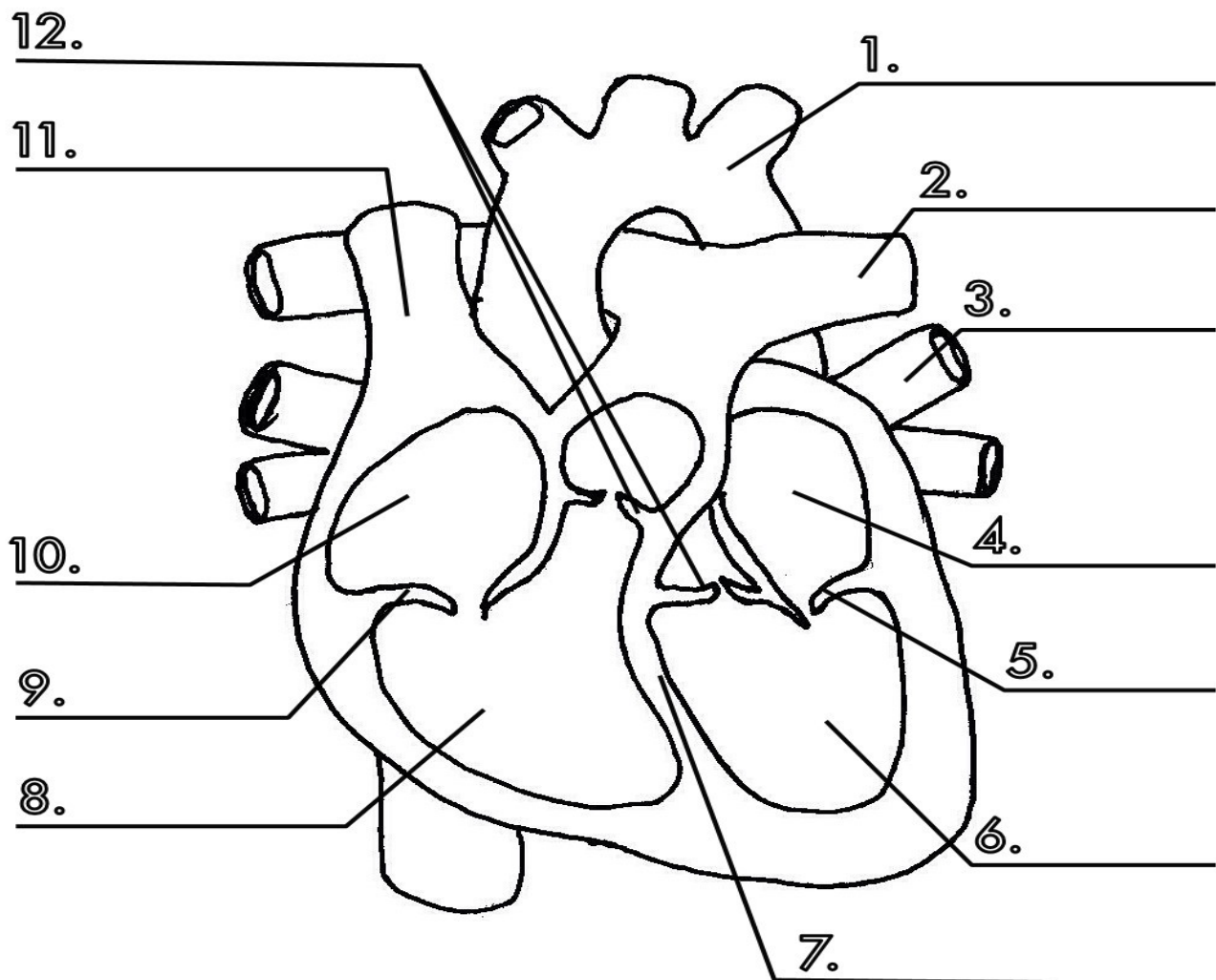
Overleaf is a diagram of a heart.

For each component identified in the diagram you must provide details (in Table 1) about what it is and what it does. Include this information in the column headed 'Description'.

You must then also detail for each component why it is important and what its function is. Include this information in the column headed 'Function'.

Print and complete this page (Foundation Diploma Only)

## Label the diagram of the Heart



1. Now shade the right side of the heart blue to show deoxygenated blood..... Remember the right side of the heart is on your left as you look at the picture.
2. Shade in the left side of the heart red to show the blood is oxygenated on this side.
3. Draw arrows on the diagram to show the flow of blood through the heart.

Table 1- complete the table.

Heart component	Description	Function
Aorta	<p><i>Example</i></p> <p><i>The aorta is the largest artery in the body. It is connected to the heart's left ventricle.</i></p>	<p><i>Example</i></p> <p><i>It carries oxygenated blood away from the heart.</i></p>
Pulmonary artery		
Pulmonary veins		
Left atrium		
Mitral (bicuspid) valve		

Heart component	Description	Function
Left ventricle		
Septum		
Inferior vena cava		
Right ventricle		
Tricuspid valve		

Heart component	Description	Function
Right atrium		
Superior vena cava		

We look forward to reading your work and wish you every success in your CAMTEC Level 3 course. 🎓😊

## Work Experience

All year 1 **triple** students are required to participate in a whole year placement, taking place every Friday. They are also required to carry out a further week-long placement at a date to be confirmed. All work experience forms must be submitted before October half term.

All year 1 **single** students are required to participate in a week-long work placement during their first year of study. You will be expected to locate one week's worth of work placement and submit your work experience form before October half term.

### Placement Dates:

L3 H&SC students on triple qualifications:

1 whole year Friday placement, plus 1 full week placement, dates to be confirmed by the course leaders at the beginning of September

Students with 2 or more single subjects:

1 week placement during the Easter holidays or w/c 23 June 2025

You can find the work experience form [HERE](#)  
More information and guidance can be found [HERE](#)