

Getting Ready For

Level 3 Health and Social Care

Name	
CamTech Level 3 Health and Social Care Foundation Diploma (Triple) Course Preparing for initial topics and work placement	Summer 2025

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, telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays.

Your Level 3 CAMTEC in Health and Social Care

Task 1: Unit 1

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) 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 2

Research the terms “Equality”, “Diversity” and “Rights” and how they apply to health, social and childcare settings. 800-1000 words. Include an introduction. Main body of research with references and a conclusion summarising your main points. Consider any relevant legislation that may influence HSC and CC practice in relation to these key terms.

Task 3: Unit 4

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

Activity

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

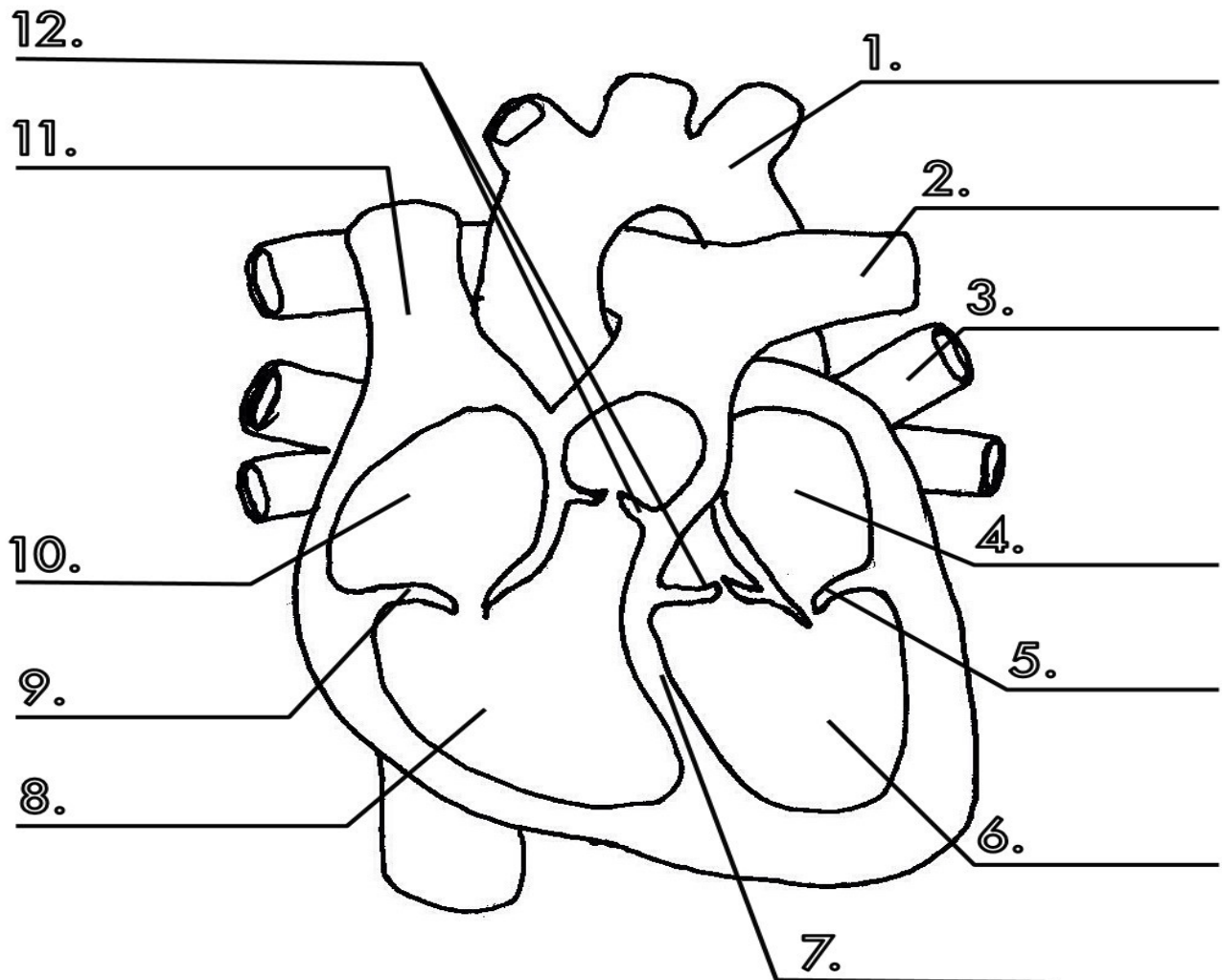
Overleaf is a diagram of a heart.

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

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 Placement Week

All students are required to participate in a **compulsory** week-long work placement. It is recommended that the placement chosen is either relevant to your course, or relevant to what your future career aspirations are.

Work placement form submission deadline

All L2 and L3 students studying on triple or double courses will be given their work placement week dates by their course leaders when they start in September. The deadline to submit your placement forms are as follows:	Date of work placement week	Deadline for returning completed form
	Dec-25	24th October 2025
	January / February 2026	24th October 2025
	March / April 2026	19th December 2025
	May / June 2026	13th February 2026
All students studying 2 or more single subjects will have the option of either carrying out their work placement during: <ul style="list-style-type: none"> • February half term • Easter holidays • May half term • 22nd – 26th June 2026 The deadline to submit your placement forms are as follows:	Date of work placement week	Deadline for returning completed form
	February half term (16th - 20th February)	Friday 24th October 2025
	Easter holidays (27th March - 13th April)	Friday 19th December 2025
	May half term (26th - 29th May)	Friday 13th February 2026
	22nd – 26th June	Friday 1st May 2026