

OPTIONS 2026 - HSE

HEALTH AND SOCIAL CARE

Exploring future pathways in
health and social care



What is Health and Social Care?



Core Focus of Health and Social Care

The subject teaches how to support health and wellbeing throughout a person's life using care principles and health services.

PIES Factors in Development

Students explore physical, emotional, intellectual, and social factors that influence personal development and wellbeing.

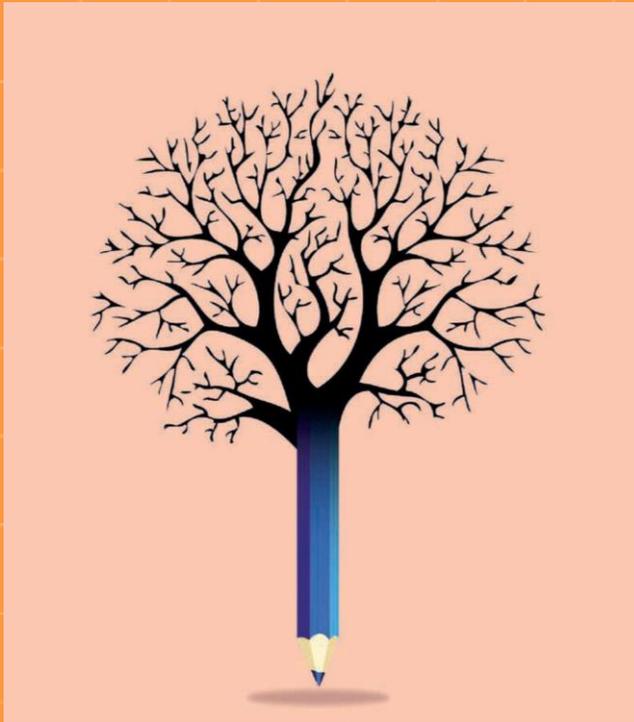
Real-Life Care Environments

The course covers hospitals, care homes, and community services, demonstrating how they meet diverse needs across age groups.

Career Pathways and Practical Skills

Health and Social Care provides practical skills and knowledge leading to careers in healthcare, social work, and childcare.

Example Lessons



- How does **depression** affect **emotional and social wellbeing**, influencing relationships and daily life?
- How does **Type 2 diabetes** affect **physical health**?
- How does **asthma** impact **4 stages of development** (physical, intellectual, emotional, social)?
- What **early adulthood** experiences affect **stress, independence and relationships**?
- What are the **physical and intellectual changes** found in **late adulthood**?



How is the Course Assessed?

- **Component 1 (Internal):** 30% - Human Lifespan Development
- **Component 2 (Internal):** 30% - Care Services and Care Values
- **Component 3 (External):** 40% - Health and Wellbeing (Exam)

Component	Description of Pearson-set Assignment	Window for assessment
Component 1: Human Lifespan Development	Non-exam internal assessment set by Pearson, marked by the centre and moderated by Pearson. The Pearson-set Assignment will be completed in approximately 6 hours of supervised assessment. 60 marks.	December/January and May/June from 2023 onwards
Component 2: Health and Social Care Services and Values	Non-exam internal assessment set by Pearson, marked by the centre and moderated by Pearson. The Pearson-set Assignment will be completed in approximately 6 hours of supervised assessment. 60 marks.	December/January and May/June from 2023 onwards



Component	Description of external assessment	Assessment
Component 3: Health and Wellbeing	External assessment set and marked by Pearson, completed under supervised conditions. The assessment will be completed in 2 hours within the period timetabled by Pearson. 60 marks.	January/February and May/June from 2024 onwards

What is Expected of You?



Active Engagement and Coursework

Students must actively participate in lessons and complete research and assignments on time.

Organisation and Time Management

Good organisation and meeting deadlines are essential for success in coursework tasks.

Collaboration and Communication

Working in pairs or groups to discuss care strategies and communication techniques is important.

Respect, Empathy, and Professionalism

Respect, empathy, confidentiality, and a positive attitude are key professional values in this subject.

Future Careers



Healthcare Roles

Careers such as nursing and midwifery involve providing medical care in hospitals and community settings.

Social Work and Advocacy

Social workers support vulnerable individuals and advocate for their rights in various communities.

Childcare and Education

Roles in childcare and early years education focus on child development and safeguarding.

Mental Health Support

Mental health support work helps individuals manage psychological challenges and improve wellbeing.