

BTEC AAQ
Health and Social Care
Summer Transition Booklet



Welcome to the AAQ (BTEC) Health and Social Care!

We are so excited to welcome you to this inspiring and rewarding subject. Health and Social Care is all about understanding people – how they grow and develop, what affects their health and wellbeing, and how professionals support individuals in different settings. Whether you're interested in becoming a nurse, midwife, social worker, paramedic, teacher, or working in mental health, this course gives you essential knowledge and skills for future careers. You will learn how people are affected by physical, emotional, social and environmental factors and how support workers promote dignity, independence and quality of life.

During the course, you'll explore a range of topics in different units. Some units are assessed by coursework ('Internal'), and others by traditional exams ('External').

All students will study:

Number	Unit Title	Assessed
Unit 1	Human Lifespan and Development	External
Unit 2	Human Biology and Health	External
Unit 3	Principles of Health and Social Care Practice	Internal

Students will study one of the following units, chosen by your teacher:

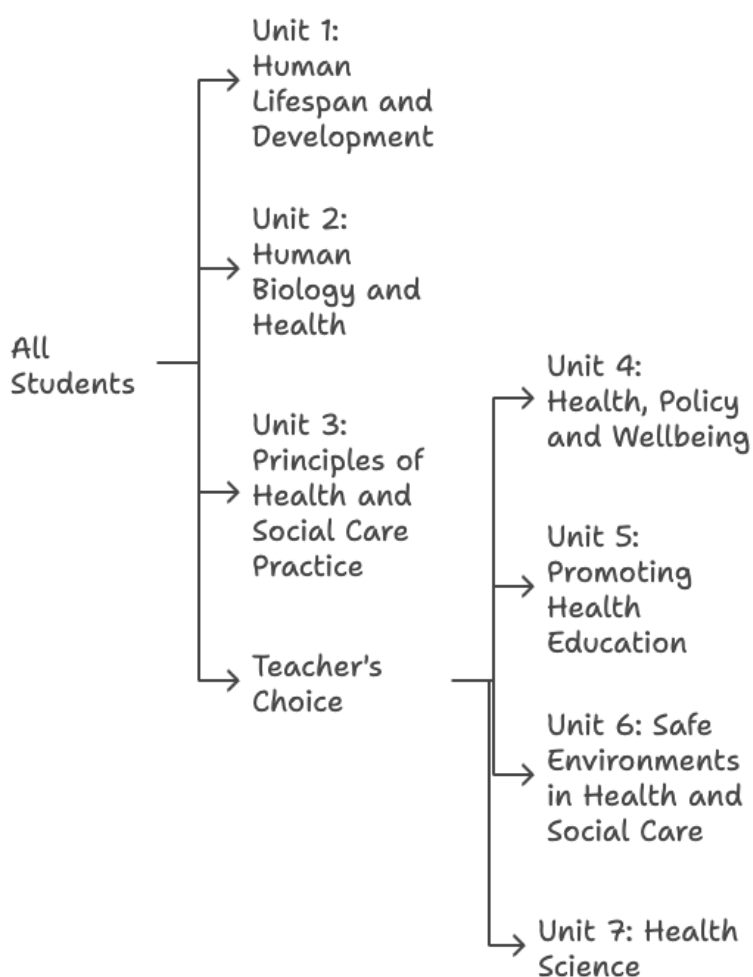
Number	Unit Title	Assessed
Unit 4	Health, Policy and Wellbeing	Internal
Unit 5	Promoting Health Education	Internal
Unit 6	Safe Environments in Health and Social Care	Internal
Unit 7	Health Science	Internal

In your transition booklet, you'll start to get into the mindset of a health and social care professional by watching films, listening to podcasts, reading real stories, learning key vocabulary and reflecting on your learning. This work will help you build confidence, curiosity and an early understanding of the topics we'll study in September. We can't wait to start this journey with you!

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Health and Social Care Curriculum Structure



Core Vocabulary

The following words are some of the most common vocabulary terms we will use within the subject. Take some time to look up what they mean. Consider why they are important in a Health and Social Care context.

Core Vocabulary	Definition
Empowerment	
Confidentiality	
Safeguarding	
Equality	
Diversity	
Inclusion	
Person-Centred Care	
Health Promotion	
Wellbeing	
Duty of Care	

Core Vocabulary	Definition
Holistic Development	
Lifespan	
Attachment	
Independence	
Resilience	
Prevention	
Diagnosis	
Treatment	
Integrated Care	
Health Inequalities	

Once you look up those words, consider any real examples of these you have seen in the media. How are these words used and understood by the general public?

Career Pathways

Health and Social Care can lead to a range of careers, including:

1. Nurse (Adult, Child, Mental Health, Learning Disability)
2. Midwife
3. Paramedic
4. Social Worker
5. Care Worker (Residential or Domiciliary)
6. Occupational Therapist
7. Physiotherapist
8. Youth Worker
9. Counsellor
10. Health Visitor
11. Speech and Language Therapist
12. Early Years Practitioner
13. Teaching Assistant – SEN or Early Years Focus
14. Public Health Officer
15. Mental Health Support Worker

Select 2-3 of these career pathways that may interest you and do some wider reading on those careers.

Career 1:	Career 2:	Career 3:
Qualifications needed:	Qualifications needed:	Qualifications needed:
What the day-to-day job involves:	What the day-to-day job involves:	What the day-to-day job involves:
Why it is important in society:	Why it is important in society:	Why it is important in society:

Wider Engagement: News Articles

A key aspect of the course will be engaging with reading from news sources and keeping up with current events. Read through some of the recent news articles I selected for you and reflect on the questions.

Health inequality is linked to gross disparities in wealth (The Guardian) Explores how uneven wealth and income drive poor health outcomes in the UK and argues for major economic reforms rather than just healthcare fixes.	How do differences in income and wealth affect people's health, according to the article? Why might changing policies about taxes or welfare help improve public health? Can you think of any local examples where income level might affect health in your community?
Breaking down barriers: NHS project built on collaboration leads to better patient care (Financial Times) Describes an innovative Integrated Neighbourhood Team in East Birmingham that combines GPs, specialists, nurses, and social workers to support elderly patients at home.	What benefits did patients like Chris experience from being cared for outside the hospital? Why is teamwork between medical and social care professionals important? How might this model change the way health and social support is delivered nationally?

Carers like me connect patients and doctors – so why are we so often made to feel invisible? ([The Guardian](#))

Highlights the critical role of unpaid family carers and the way their contributions are often overlooked by healthcare systems.

What specific tasks do unpaid carers perform according to the article?

Why might ignoring carers cause problems for the people they care for?

What changes could make carers feel more valued by the NHS?

Poorest parts of England to get £2.2bn more for NHS to cut care inequalities ([The Guardian](#))

Covers a government plan to direct £2.2 billion of NHS funding to poorer regions to help redress healthcare inequalities.

What is the “inverse care law” mentioned in the article?

How might this extra funding improve local health services?

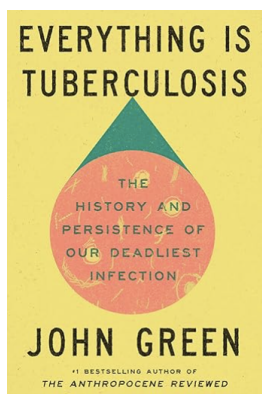
Do you think funding alone can fix health inequalities? Why or why not?

Wider Engagement: Books, Films, TV shows, and Podcasts

Below, you will find a list of recommended books, films, TV shows, and podcasts that may start to give you an insight into the subject. **Choose a few of these to try and engage with over the summer.** Complete the 'Reflection Log' for those that interested you. This will also help you when you are preparing for Post-18 as evidence of 'Supra-curricular' work.

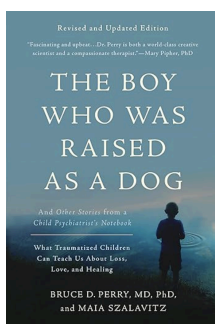
Books

"Everything is Tuberculosis" by John Green



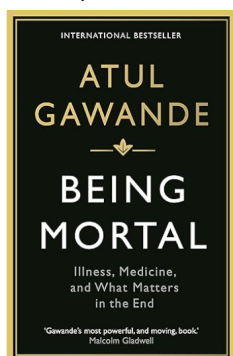
This book helps you to understand how social determinants like poverty, access to treatment, and global resource distribution deeply affect health outcomes (Unit 4). It also encourages thinking about emotional wellbeing and compassionate care, as students see Henry's story and the real people behind statistics. It's a strong tool for fostering awareness about health inequality and the importance of community and global health initiatives.

"The Boy Who Was Raised as a Dog" by Dr. Bruce Perry and Maia Szalavitz



This non-fiction book uses real-life case studies to explain child development, trauma, and the importance of supportive care. It links directly to Unit 1: Human Lifespan Development and Unit 3: Principles of Health and Social Care Practice, especially around attachment, emotional development, and safeguarding.

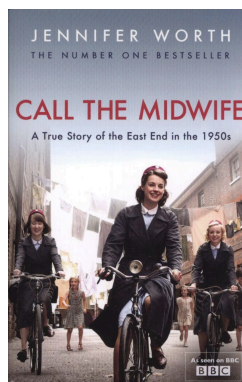
"Being Mortal" by Atul Gawande



This accessible and thoughtful book explores how health and social care services support people through ageing and end-of-life care. It supports understanding in Unit 1, Unit 3, and Unit 6, especially in relation to person-centred care, dignity, and professional responsibilities.

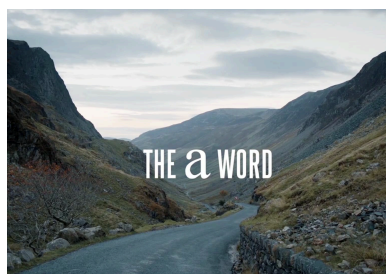
Films and TV Shows

Call the Midwife



Set in 1950s-60s East London, it focuses on midwives working in under-privileged communities. It's excellent for understanding public health, maternal and infant care, community outreach, and ethics in care (Units 4 and 5).

The A Word (BBC iPlayer)



A family drama around raising a child with autism. Offers an authentic look at disability awareness, family-centred care, communication needs, and how social networks impact health and wellbeing.

The Theory of Everything



This biographical film tells the story of physicist Stephen Hawking and his experience with motor neurone disease. It highlights the impact of progressive illness on independence, relationships, and emotional wellbeing, while showing how care, dignity, and communication play a vital role in supporting individuals over the life course (Units 1 and 3)

Five Feet Apart



This film follows two teenagers with cystic fibrosis who fall in love but must remain physically apart to avoid cross-infection. It explores chronic illness, mental health, risk management, and the emotional challenges of care and control in clinical settings—connecting to safe environments (Unit 6) and principles of care (Unit 3).

Pandemic: How to Prevent an Outbreak (Netflix documentary)



This series explores global responses to pandemics, including prevention, vaccination, and healthcare access. It is highly relevant to public health (Unit 4), microbiology and infection control (Unit 7), and health education (Unit 5), helping students understand how policies, inequality, and science intersect in real-world health crises.

Confessions of a Junior Doctor (Channel 4 series)



Filmed inside an NHS hospital, this documentary offers a raw look at the emotional, ethical, and professional pressures faced by newly qualified doctors. It links directly to Units 3 and 6, showing real-life examples of duty of care, confidentiality, and professional responsibility.

The Children Act



This drama follows a judge making life-altering decisions about a teenage boy refusing medical treatment on religious grounds. It explores complex issues around consent, mental capacity, professional ethics, and safeguarding—linking powerfully to Units 3 and 6, particularly in discussions around balancing rights, risks, and responsibilities in care.

Podcasts

Inside Health (BBC Radio 4)



Covers real-world medical and public health topics (e.g., mental health, medication timing, disease myths), which tie directly into Units 3 and 4.

The Humanising Health & Care Podcast (Point of Care Foundation)



Focuses on how care professionals build strong, empathetic relationships (person-centred care, emotional support, teamwork) — relevant to Units 1 and 3.

The Nocturnists



Features stories from real healthcare workers — covering burnout, ethical dilemmas, emotional stress, and end-of-life care — connecting to Units 1, 3, and 6.

Please note that this is based in America.

Prevention is the New Cure



Hosted by experts Steve Brine and Dr Sarah Wollaston, this podcast explores public health, preventive strategies, and NHS challenges.

Reflection Log (1)

1. Title of the Book / Show / Podcast	
2. What is it about? <u>Sentence starters:</u> This story/ documentary/ podcast is about... It focuses on... The main issue discussed is...	
3. What did I learn about Health and Social Care? <u>Sentence starters:</u> I learned that health and social care professionals need to... One important message was about... This helped me understand how care is given to people who... I now understand that people receiving care may feel...	
4. A key moment or quote that stood out to me <u>Sentence starters:</u> A key moment was when... This stood out to me because... It made me think about...	

5. How does this connect to real life? <u>Sentence starters:</u> This relates to real life because... I have seen/heard about similar situations in... It helped me think about the care people need when...	
6. What questions do I still have? <u>Sentence starters:</u> I wonder why... I would like to know more about... This made me think more deeply about...	
7. My final reflection <u>Sentence starters:</u> Overall, this helped me... I now feel more prepared to study Health & Social Care because... This made me realise the importance of...	

Reflection Log (2)

1. Title of the Book / Show / Podcast	
2. What is it about? <u>Sentence starters:</u> This story/ documentary/ podcast is about... It focuses on... The main issue discussed is...	
3. What did I learn about Health and Social Care? <u>Sentence starters:</u> I learned that health and social care professionals need to... One important message was about... This helped me understand how care is given to people who... I now understand that people receiving care may feel...	
4. A key moment or quote that stood out to me <u>Sentence starters:</u> A key moment was when... This stood out to me because... It made me think about...	

5. How does this connect to real life? <u>Sentence starters:</u> This relates to real life because... I have seen/heard about similar situations in... It helped me think about the care people need when...	
6. What questions do I still have? <u>Sentence starters:</u> I wonder why... I would like to know more about... This made me think more deeply about...	
7. My final reflection <u>Sentence starters:</u> Overall, this helped me... I now feel more prepared to study Health & Social Care because... This made me realise the importance of...	

Reflection Log (3)

1. Title of the Book / Show / Podcast	
2. What is it about? <u>Sentence starters:</u> This story/ documentary/ podcast is about... It focuses on... The main issue discussed is...	
3. What did I learn about Health and Social Care? <u>Sentence starters:</u> I learned that health and social care professionals need to... One important message was about... This helped me understand how care is given to people who... I now understand that people receiving care may feel...	
4. A key moment or quote that stood out to me <u>Sentence starters:</u> A key moment was when... This stood out to me because... It made me think about...	

5. How does this connect to real life? <u>Sentence starters:</u> This relates to real life because... I have seen/heard about similar situations in... It helped me think about the care people need when...	
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Thank you and see you in September!

Thank you for taking the time to explore the world of Health and Social Care over the summer. Whether you've watched a film, read a book, listened to a podcast, or reflected on real-life issues, you've already started thinking like a future care professional. I'm really looking forward to meeting you in September and beginning our journey together. We'll be learning how to support others with empathy, understanding, and professionalism—and you've already taken the first step. Have a great summer, and see you soon!