

# AAQ PEARSON BTEC NATIONAL EXTENDED CERTIFICATE IN HEALTH & SOCIAL CARE

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# STUDENT GUIDE



Student Name:

## Important information about the qualification

The AAQ Pearson BTEC National Extended Certificate in Health and Social Care aims to provide you with a broad understanding of various aspects of the health and social care sector. You will study three mandatory Units and one optional Unit.

The qualification is equivalent in size to one A Level, and you will take this qualification alongside other A Levels and/or AAQs.

This qualification requires you to explore some difficult topics, so it is important to ensure you are comfortable learning about the following:

- Diseases and disorders of the body, and their effect on physical and mental wellbeing to include:
  - Acquired brain injury
  - Cancer
  - Dementia
- Child protection and welfare
- Safeguarding
- Child abuse; physical abuse and injury, neglect, emotional abuse, sexual abuse, domestic abuse.



### Who is this qualification for?

This qualification is ideal for anyone who is interested in developing their knowledge of both human health and development and the health and social care sector. It will be of particular interest if you may be considering a career in this important field.

**Other subject areas that fit well with health and social care include:**

- Biology
- English
- Geography
- Psychology
- Sociology

When you have completed the qualification and dependent on your other options, you will have a range of progression pathways to choose from. These include moving on to employment, apprenticeship or further study at university in fields such as social care management, nursing, midwifery, social work and other health and social care related areas.





### What will I study?

In total, you will study four units. Your school/college will decide which Units you will take in Y12 and which Units you will take in Y13.

There are **three mandatory units** which are:

- **Unit 1:** Human Lifespan and Development
- **Unit 2:** Human Health and Biology
- **Unit 3:** Principles of Health and Social Care Practice

Your school or college will select **one additional unit** of study from the following list:

- **Unit 4:** Health, Policy and Wellbeing
- **Unit 5:** Promoting Health Education
- **Unit 6:** Safe Environments in Health and Social Care
- **Unit 7:** Health Science

You can learn more about each Unit later in this guide.

### How will I be assessed?

This qualification is assessed using external assessments (exams) and internal assessments (coursework). As the assessment is split 50/50 between exams and coursework, and you are permitted to resit the exams, this qualification is ideal for those that may find exams challenging or those that prefer coursework.

### How will I be graded?

For each externally assessed unit, i.e. Units 1 and 2, the marks you obtain in the exam are converted into UMS points. These points then determine your grade on this scale:

**U (Ungraded)**

**N (Near Pass)**

**P (Pass)**

**M (Merit)**

**D (Distinction)**

Each internally assessed unit, i.e. Units 3 through to 7, is graded on this scale below, with each grade being allocated a set number of UMS points:

**U (Ungraded)**

**P (Pass)**

**M (Merit)**

**D (Distinction)**

The UMS points you achieve in each unit are added together to calculate your final qualification grade, which is graded on this scale:

**U (Ungraded)**

**P (Pass)**

**M (Merit)**

**D (Distinction)**

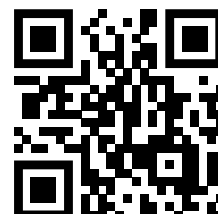
**D\* (Distinction Star)**

**Notes:** You must achieve N (Near Pass) or higher on the externally assessed units. For more details on this, see page 11.

## Mandatory Units

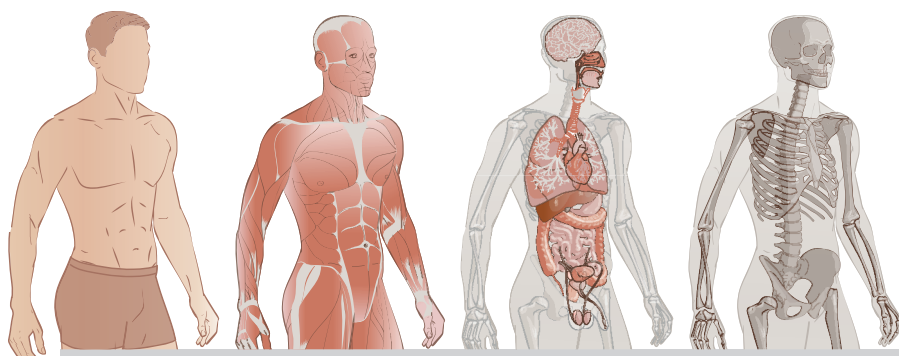
	Unit 1: Human Lifespan and Development
<b>Unit description</b>	<p><b>Content A: Human growth and development through the life stages</b> You will examine physical, intellectual, emotional and social growth and development across the human lifespan. You will develop an understanding of the relationship of the different areas of development and the effect they have on each other.</p> <p><b>Content B: Factors affecting human growth and development across each life stage</b> You will explore the interaction between biological and social factors in health and wellbeing. You will develop an understanding of how these factors can positively and negatively affect an individual's holistic growth and development.</p> <p><b>Content C: Health and social care promotion, prevention and treatment at different life stages</b> You will examine how health care professionals work together to provide effective care. This will include promoting healthy behaviours to prevent ill-health, and the role of specific professionals and services in treating prevalent health conditions.</p>
<b>Assessment method</b>	This Unit is <b>externally assessed</b> . You will sit a <b>90-minute exam</b> , with a total of 80 marks available. The exam will contain a mixture of multiple choice, short and extended response questions. A selection of topics from across all three Content areas (A, B and C) will be assessed. There are exams in Jan/Feb and May/June of each year – check with your school/college which exam series you will be entered for.
<b>Assessment outcomes</b>	<p><b>A01 Demonstrate knowledge</b> of physical, intellectual, emotional and social development across the human lifespan; factors affecting human growth and development, prevalent health conditions and the roles and responsibilities of individuals working in health and social care which underpin meeting the care and support needs of individuals.</p> <p><b>A02 Demonstrate understanding</b> of physical, intellectual, emotional and social development across the human lifespan; factors affecting human growth and development, prevalent health conditions and the roles and responsibilities of individuals working in health and social care which underpin meeting the care and support needs of individuals.</p> <p><b>A03 Demonstrate application of knowledge and understanding</b> of physical, intellectual, emotional and social development across the human lifespan; factors affecting human growth and development, prevalent health conditions and the roles and responsibilities of individuals working in health and social care which underpin meeting the care and support needs of individuals.</p> <p><b>A04a Analyse</b> how factors, health inequalities and prevalent health conditions interrelate to affect physical, intellectual, emotional and social development across the human lifespan; and how the roles and responsibilities of those working in health and social care meet the needs of individuals.</p> <p><b>A04b Evaluate</b> how factors, health inequalities and prevalent health conditions interrelate to affect physical, intellectual, emotional and social development across the human lifespan; and how the roles and responsibilities of those working in health and social care meet the needs of individuals.</p>
<b>Exam command words</b>	<p><b>A01/A02</b> <i>Identify:</i> Select key information from a given stimulus/resource. <i>Give/name/state:</i> Recall one or more key pieces of information.</p> <p><b>A02/A03</b> <i>Explain:</i> Make a point and then give a linked justification/exemplification of that point. The answer must contain some linked reasoning of how, what, when or why.</p> <p><b>A03/A04</b> <i>Assess:</i> Consider all the factors or events that apply and identify which are the most important or relevant; make a judgement on the importance of something and conclude where needed. <i>Discuss:</i> Consider different aspects of an issue, situation, problem or argument in detail, looking at how they interrelate. <i>Evaluate:</i> Consider various aspects or qualities of a topic/issue in relation to its context: strengths or weaknesses, advantages or disadvantages. Make a judgement supported by evidence which will often be in the form of a conclusion.</p>
<b>Unit grading</b>	<ul style="list-style-type: none"> <li>It is possible to be given a U (Ungraded), N (Near Pass), P (Pass), M (Merit) or D (Distinction) on this Unit.</li> <li>Your raw score will be converted to UMS points and these points will be used to determine your overall qualification grade.</li> </ul>
<b>Mandatory or optional?</b>	<ul style="list-style-type: none"> <li>This is a <b>mandatory</b> unit.</li> <li>You must achieve N or higher in this Unit to be eligible for an overall qualification grade.</li> <li>You can resit this assessment but no more than twice. Your highest grade will be used to determine your overall qualification grade.</li> </ul>
<b>Percentage of your final grade</b>	This Unit is weighted at 25%, so the UMS points you are given for this Unit, represent 25% of your final grade.

To get a feel for this unit, scan this QR code to go to a Mayor of London animation on YouTube, which looks at health inequalities in London.

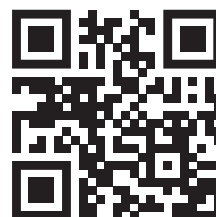


## Mandatory Units

Unit 2: Human Health and Biology	
<b>Unit description</b>	<p><b>Content A: Organisation of the human body</b> You will examine the biological organisation of the human body into cells and tissues. You will develop an understanding of energy in the body and homeostatic mechanisms.</p> <p><b>Content B: Body systems</b> You will explore and understand the structure and normal physiological functioning of key body systems and their organs.</p> <p><b>Content C: Disorders of the body and effect on body systems</b> You will examine how a range of disorders can affect various body systems, including the primary and secondary effects on those systems.</p>
<b>Assessment method</b>	This Unit is <b>externally assessed</b> . You will sit a <b>90-minute exam</b> , with a total of 80 marks available. The exam will contain a mixture of multiple choice, short and extended response questions. A selection of topics from across all three Content areas (A, B and C) will be assessed. There are exams in Jan/Feb and May/June of each year – check with your school/college which exam series you will be entered for.
<b>Assessment outcomes</b>	<p><b>A01 Demonstrate knowledge</b> of the structure, organisation and function of the human body and common disorders that affect it.</p> <p><b>A02 Demonstrate understanding</b> of the structure, organisation and function of the human body and common disorders that affect it.</p> <p><b>A03 Demonstrate application of knowledge and understanding</b> of the structure and function of body systems to the primary and secondary effects of common disorders on those body systems.</p> <p><b>A04 Make connections</b> between the primary and secondary effects of common disorders and how they affect interlinked body systems.</p>
<b>Exam command words</b>	<p><b>A01/A02</b> <i>Identify/label:</i> Select key information from a given stimulus/resource. <i>Give/name/state:</i> Recall one or more key pieces of information.</p> <p><b>A02/A03</b> <i>Describe:</i> Provide an account of something for example stages of a process or highlight several key features of a given topic. <i>Explain:</i> Make a point and then give a linked justification/exemplification of that point. The answer must contain some linked reasoning of how, what, when or why.</p> <p><b>A03/A04</b> <i>Discuss:</i> Consider different aspects of an issue, situation, problem or argument in detail, looking at how they interrelate. <i>Evaluate:</i> Consider various aspects or qualities of a topic/issue in relation to its context: strengths or weaknesses, advantages or disadvantages. Make a judgement supported by evidence which will often be in the form of a conclusion.</p>
<b>Unit grading</b>	<ul style="list-style-type: none"> <li>It is possible to be given a U (Ungraded), N (Near Pass), P (Pass), M (Merit) or D (Distinction) on this Unit.</li> <li>Your raw score will be converted to UMS points and these points will be used to determine your overall qualification grade.</li> </ul>
<b>Mandatory or optional?</b>	<ul style="list-style-type: none"> <li>This is a <b>mandatory</b> unit.</li> <li>You must achieve N or higher in this Unit to be eligible for an overall qualification grade.</li> <li>You can resit this assessment but no more than twice. Your highest grade will be used to determine your overall qualification grade.</li> </ul>
<b>Percentage of your final grade</b>	This Unit is weighted at 25%, so the UMS points you are given for this Unit, represent 25% of your final grade.



To get a feel for this unit, scan this QR code to go to a YouTube animation from the Alzheimer's Society, which explains dementia.

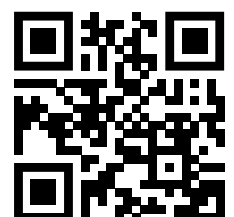


## Mandatory Units

Unit 3: Principles of Health and Social Care Practice	
<b>Unit description</b>	<p><b>Learning Aim A: Understand the principles of health and social care practice which underpin meeting the care and support needs of individuals</b>            You will examine the values, care approaches and communication skills used in the health and social care sector. You will explore key concepts to include confidentiality, duty of care and working with vulnerable groups.</p> <p><b>Learning Aim B: Examine how organisation, legislation and guidance inform practice in health and social care</b>            You will explore how the health and social care sector is organised, including key legislation that informs this. You will develop understanding of the use of critical thinking skills for health and social care.</p> <p><b>Learning Aim C: Examine how social determinants affect the health status of individuals and the importance of equality, diversity and inclusion in practice</b>            You will examine how social determinants of health influence health and wellbeing and access to services. You will develop knowledge of how health outcomes can be improved and how barriers to care can be overcome.</p>
<b>Assessment method</b>	<ul style="list-style-type: none"> <li>• This Unit is <b>internally assessed</b>.</li> <li>• You will be given a Pearson Set Assignment Brief containing <b>three tasks</b>, one per Learning Aim. For each task, a set of assessment criteria is given, covering Pass, Merit and Distinction.</li> <li>• These tasks are set by the exam board, but they are marked by your teachers/lecturers against the provided assessment criteria. The marks are then externally verified (checked for accuracy by the exam board).</li> <li>• You will be given time in school or college, as well as your own time, to prepare for and complete these tasks. <b>The estimated total time required for you to complete the three tasks is 12 hours.</b></li> <li>• You must sign a declaration of authenticity to confirm that all the work you submit is written in your own words and not copied from or done with the help of teachers/lecturers, peers, textbooks, the internet or artificial intelligence (AI). You may use sources of information, but you should clearly reference these and paraphrase or write that information in your own words. It is recommended to keep the use of direct quotations very short, and they should be in quotation marks, and clearly referenced with page numbers and/or webpage and date accessed.</li> <li>• You will submit your work to your teacher/lecturer for assessment and grading. When this has been done and you have received your grade and feedback, you may be given the chance to resubmit your evidence with improvements. If this is authorised, the improvements must be completed and submitted within 15 days.</li> </ul>
<b>Unit grading</b>	<ul style="list-style-type: none"> <li>• It is possible to be given a P (Pass), M (Merit) or D (Distinction) on this Unit.</li> <li>• For a Pass, all Pass criteria must be met in all tasks; for a Merit, all Pass and all Merit criteria must be met in all tasks; for a Distinction, all Pass, Merit and Distinction criteria in all tasks must be met.</li> <li>• Your grade will be converted to UMS points and these points will be used to determine your overall qualification grade.</li> </ul>
<b>Mandatory or optional?</b>	<ul style="list-style-type: none"> <li>• This is a <b>mandatory</b> unit.</li> <li>• You must complete this Unit and be given an outcome (U to D), to achieve the qualification.</li> </ul>
<b>Percentage of your final grade</b>	This Unit is weighted at 25%, so the UMS points you are given for this Unit, represent 25% of your final grade.



To get a feel for this unit, scan this QR code to go to a YouTube playlist from Health Education East of England, which looks at the NHS Constitution and NHS Values.



## Optional Units

You will take **one optional** Unit, which will be chosen by your school/college. This optional Unit is weighted at 25%, so the UMS points you are given for this Unit, represent 25% of your final grade.

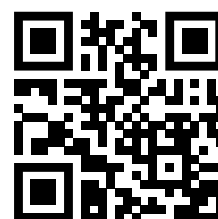
Write the number and title of the optional Unit you will take here:

Unit number	Unit title

	Unit 4: Health, Policy and Wellbeing
<b>Unit Description</b>	<p><b>Learning Aim A: Understand the influence of social policy on public health</b> You will examine the origins and aims of social and public health policy, and the factors and groups that influence it.</p> <p><b>Learning Aim B: Examine the factors affecting public health policy and the impact of addressing these factors to improve public health</b> You will explore the development of and influences upon social policy factors that affect its implementation. You will develop knowledge of the relevance of social policy to public health and how the effectiveness of public health policy is measured.</p> <p><b>Learning Aim C: Examine the impact of social policy as a driver to improve outcomes in public health</b> You will examine the impact of social policy on service provision and the influence of collaborative working in this area.</p>
<b>Assessment Method</b>	<ul style="list-style-type: none"><li>• This Unit is <b>internally assessed</b>.</li><li>• You will be given a Pearson Set Assignment Brief containing <b>three tasks</b>, one per Learning Aim.</li><li>• <b>The estimated total time required for you to complete the three tasks is 15 hours.</b></li><li>• The same rules for declaration of authenticity, assessment and resubmission apply as for Unit 3.</li></ul>
<b>Unit Grading</b>	<ul style="list-style-type: none"><li>• It is possible to be given a P (Pass), M (Merit) or D (Distinction) on this Unit.</li><li>• For a Pass, all Pass criteria must be met in all tasks; for a Merit, all Pass and all Merit criteria must be met in all tasks; for a Distinction, all Pass, Merit and Distinction criteria in all tasks must be met.</li><li>• Your grade will be converted to UMS points and these points will be used to determine your overall qualification grade.</li></ul>
<b>Mandatory or Optional?</b>	<ul style="list-style-type: none"><li>• This is an <b>optional</b> unit.</li><li>• If this is selected by your school/college as your optional Unit, you must complete this Unit and be given an outcome (U to D), to achieve the qualification.</li></ul>



To get a feel for this unit, scan this QR code to go to an animation on YouTube by the National Institute for Health Excellence (NICE), which looks at their role and how they influence social policy.





## Optional Units

Unit 5: Promoting Health Education	
<b>Unit Description</b>	<p><b>Learning Aim A: Understand the purpose of health education</b> You will examine the purpose of health education and how this supports the development of healthy behaviours for society. You will develop an understanding of how organisations and legislation can influence health education, promote wellbeing and have a positive impact on a range of health behaviours.</p> <p><b>Learning Aim B: Explore key issues and priorities for health and the factors that affect health and wellbeing</b> You will explore a range of issues and priorities for health at a local and national level, considering the impact that they have on individuals, their holistic health and wider society. You will also explore a range of factors that can affect health and wellbeing, with both positive and negative outcomes.</p> <p><b>Learning Aim C: Examine approaches to health education campaigns and their impact on health and wellbeing</b> You will investigate health education campaigns at an international, national and local level. You will explore the use of models and approaches in these campaigns to support behaviour change and will use this information to support your own planning of a health education event.</p>
<b>Assessment Method</b>	<ul style="list-style-type: none"> <li>This Unit is <b>internally assessed</b>.</li> <li>You will be given a Pearson Set Assignment Brief containing <b>two tasks</b>. Task 1 covers Learning Aim A and B; Task 2 covers Learning Aim C.</li> <li><b>The estimated total time required for you to complete the two tasks is 17 hours.</b></li> <li>The same rules for declaration of authenticity, assessment and resubmission apply as for Unit 3.</li> </ul>
<b>Unit Grading</b>	<ul style="list-style-type: none"> <li>It is possible to be given a P (Pass), M (Merit) or D (Distinction) on this Unit.</li> <li>For a Pass, all Pass criteria must be met in all tasks; for a Merit, all Pass and all Merit criteria must be met in all tasks; for a Distinction, all Pass, Merit and Distinction criteria in all tasks must be met.</li> <li>Your grade will be converted to UMS points and these points will be used to determine your overall qualification grade.</li> </ul>
<b>Mandatory or Optional?</b>	<ul style="list-style-type: none"> <li>This is an <b>optional</b> unit.</li> <li>If this is selected by your school/college as your optional Unit, you must complete this Unit and be given an outcome (U to D), to achieve the qualification.</li> </ul>



To get a feel for this unit, scan this QR code to go to a World Health Organization (WHO) video on YouTube, which explores the importance of health education.





## Optional Units

Unit 6: Safe Environments in Health and Social Care	
<b>Unit Description</b>	<p><b>Learning Aim A: Explore appropriate care environments for individuals at different life stages</b> You will examine the different environments that provide care for individuals and the factors that must be considered to meet their unique needs in health and social care settings. You will consider the range of services across physical health, mental health, learning disabilities and rehabilitation provision.</p> <p><b>Learning Aim B: Explore aspects of legislation, regulations and policies that support safe environments in health and social care settings</b> You will explore the influence of legislation and policies on safe practice and explore the concept of duty of care and working with vulnerable individuals.</p> <p><b>Learning Aim C: Examine aspects of monitoring and maintaining safe practice in health and social care environments</b> You will investigate the regulation of health and social care environments and the required standards, responsibilities and practice for maintaining a safe environment.</p>
<b>Assessment Method</b>	<ul style="list-style-type: none"><li>• This Unit is <b>internally assessed</b>.</li><li>• You will be given a Pearson Set Assignment Brief containing <b>three tasks</b>, one per Learning Aim.</li><li>• <b>The estimated total time required for you to complete the three tasks is 16 hours.</b></li><li>• The same rules for declaration of authenticity, assessment and resubmission apply as for Unit 3.</li></ul>
<b>Unit Grading</b>	<ul style="list-style-type: none"><li>• It is possible to be given a P (Pass), M (Merit) or D (Distinction) on this Unit.</li><li>• For a Pass, all Pass criteria must be met in all tasks; for a Merit, all Pass and all Merit criteria must be met in all tasks; for a Distinction, all Pass, Merit and Distinction criteria in all tasks must be met.</li><li>• Your grade will be converted to UMS points and these points will be used to determine your overall qualification grade.</li></ul>
<b>Mandatory or Optional?</b>	<ul style="list-style-type: none"><li>• This is an <b>optional</b> unit.</li><li>• If this is selected by your school/college as your optional Unit, you must complete this Unit and be given an outcome (U to D), to achieve the qualification.</li></ul>



To get a feel for this unit, scan this QR code to go to a Nursing and Midwifery Council (NMC) video on YouTube, which explores the importance of challenging poor practice.

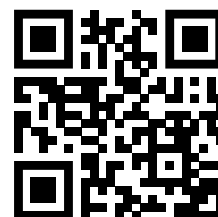


## Optional Units

Unit 7: Health Science	
<b>Unit Description</b>	<p><b>Learning Aim A: Understand the concepts of microbiology relevant to health science</b> You will investigate the different types and structures of microorganisms, the environmental conditions required for them to reproduce and infect humans and how they can be controlled.</p> <p><b>Learning Aim B: Examine the role of microorganisms in human health and disease</b> You will explore different types of infectious disease, how the body protects itself from disease and how these diseases are transmitted. You will also examine types of disease associated with the blood.</p> <p><b>Learning Aim C: Understand the factors that can influence the development of diseases and infections</b> You will develop an understanding of how diseases related to human conditions and the environment develop and the effect they have on the human body.</p> <p><b>Learning Aim D: Investigate the impact of diseases and their treatment in a global context</b> You will examine the epidemiology, control and consequences of disease for global society.</p>
<b>Assessment Method</b>	<ul style="list-style-type: none"> <li>This Unit is <b>internally assessed</b>.</li> <li>You will be given a Pearson Set Assignment Brief containing <b>three tasks</b>. Task 1 covers Learning Aim A; Task 2 covers Learning Aim B and C; Task 3 covers Learning Aim D.</li> <li><b>The estimated total time required for you to complete the three tasks is 16 hours.</b></li> <li>The same rules for declaration of authenticity, assessment and resubmission apply as for Unit 3.</li> </ul>
<b>Unit Grading</b>	<ul style="list-style-type: none"> <li>It is possible to be given a P (Pass), M (Merit) or D (Distinction) on this Unit.</li> <li>For a Pass, all Pass criteria must be met in all tasks; for a Merit, all Pass and all Merit criteria must be met in all tasks; for a Distinction, all Pass, Merit and Distinction criteria in all tasks must be met.</li> <li>Your grade will be converted to UMS points and these points will be used to determine your overall qualification grade.</li> </ul>
<b>Mandatory or Optional?</b>	<ul style="list-style-type: none"> <li>This is an <b>optional</b> unit.</li> <li>If this is selected by your school/college as your optional Unit, you must complete this Unit and be given an outcome (U to D), to achieve the qualification.</li> </ul>



To get a feel for this unit, scan this QR code to go to a TED-Ed video on YouTube, which explores how vaccines work.



## Calculating your qualification grade

Grades and UMS points for **externally assessed units**, i.e. Unit 1 and 2, are as follows:

Grade	UMS Points
<b>U (Ungraded)</b>	0
<b>N (Near Pass)</b>	6
<b>P (Pass)</b>	9
<b>M (Merit)</b>	15
<b>D (Distinction)</b>	24

Grades and UMS points for **internally assessed units**, i.e. Units 3, 4, 5, 6 and 7 are as follows:

Grade	UMS Points
<b>U (Ungraded)</b>	0
<b>P (Pass)</b>	9
<b>M (Merit)</b>	15
<b>D (Distinction)</b>	24

To calculate your **overall qualification grade**, you will need to add up all your UMS points from Units 1, 2, 3 and optional. The minimum number of points required for each grade are shown in the table below.

Grade	UMS Points
<b>U (Ungraded)</b>	0
<b>P (Pass)</b>	36
<b>M (Merit)</b>	52
<b>D (Distinction)</b>	74
<b>D* (Distinction*)</b>	90

For example, to achieve a Pass, you must have 36 points, to achieve a Merit 52 points, to achieve a Distinction 74 points, and to achieve a Distinction\* 90 points.

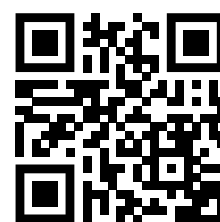
In addition, to obtain any of the four grades that result in certification (P, M, D or D\*) you must have completed all four units; for Units 1 and 2 you must have N (Near Pass) or higher; for Units 3 and optional you must have an outcome (U, P, M or D).

## UCAS tariff points

You should use the UCAS Tariff Calculator for the most up-to-date information on UCAS points available for your qualification grade. However, you can use this table as a guide\*:

AAQ BTEC National Extended Certificate Grade	UCAS Tariff Points	Equivalent A Level Grade for Reference
<b>D*</b>	56	A*
<b>D</b>	48	A
<b>M</b>	32	C
<b>P</b>	16	E

You can view and use the calculator by scanning this QR code.



\*This table was created using the Tariff Points available for RQF Pearson BTEC Level 3 National Extended Certificate in Health and Social Care (for first teaching from September 2016), which is the current equivalent qualification (as of September 2024), as UCAS is yet to publish Tariff Points for the updated AAQ.