

By the end of Spring 1 you will know:

Define the term wealth.

Define the term social class.

Define the term material possessions.

Define the term income.

Give two positive effects of a good income.

Give two negative effect of an inadequate income.

Define the term absolute poverty.

Give three examples of environmental factors that can effect health and wellbeing.

Give two examples of how air pollution can effect health and wellbeing.

Give two examples of how noise pollution can effect health and wellbeing.

Explain how the size of a home can effect our health and wellbeing.

Explain how levels of conflict in the home can effect our health and wellbeing.

Explain how the size of the home can effect our health and wellbeing.

Explain how the condition of the home can effect our health and wellbeing.

Explain the difference between rural and urban lifestyles.

Give two positives of living in a rural area.

Give two positives of living in a urban area.

Give one example of how relationship changes may affect our health and wellbeing.

Define the term self-esteem.

Explain how marriage can effect two of your PIES.

Explain how divorce can effect two of your PIES.

Define the term bereavement

Explain how bereavement can effect two of your PIES.

Explain how suffering from the bereavement of a parent can affect a person's health and well-being positively as well as negatively.

Give three examples of expected life events.

Explain how each three expected life events might impact upon two of the PIES.

Give three examples of unexpected life events.

Explain how each three unexpected life events might impact upon two of the PIES.

Explain the different between formal and informal support.

Define the term cardiovascular system.

Define the term arteries.

What does your pulse rate measure?

How do you measure your pulse rate and what is a normal reading?

How do you measure resting pulse rate?

What is blood pressure?

What is a normal healthy blood pressure reading?

Give three factors that can cause high blood pressure.

High blood pressure is also known as?

Low blood pressure is also known as?

Give one effect of leaving high blood pressure untreated.

What does BMI stand for?

What is a healthy weight BMI reading?

What is an underweight BMI reading?

What is an obese BMI reading?

What is a severely obese BMI reading?

What is the purpose of using published guidelines when measuring health?

What does an abnormal reading mean?

By the end of Spring 2 you will know:

Define the term lifestyle choices.

Give three examples of positive aspects of lifestyle.

For each the three examples explain how each can effect two of the PIES.

Give three examples of negative aspects of lifestyle.

For each of the three examples explain how each can effect two of the PIES.

Define the term person-centred approach.

Define the term collaboratively.

Define the term empathy.

What can a person-centred approach do? Give one response.

What is the role of the Health Foundation?

Define the term goal.

Define the term norm.

Define the term short-term target.

Define the term long-term target.

What are SMART targets?

Why do targets need to be reviewed?

Define the term formal support and provide one example.

Define the term informal support and provide one example.

Give three factors to consider when designing a health plan for an individual.

Define the term psychological.

Give two reasons why an individual may not stick to a health plan.

Give one way someone can find time to exercise.

How might an inadequate income effect an individual following a health plan?

Give two reasons why targets for an individual may be unachievable.

Give one example of a physical barrier when following a health plan.