

Level 3 Cambridge Technical extended certificate

This popular course is one of the few courses that provide the opportunity to complete independent portfolios as well as exam components. Whether you have a goal to work as a nursery school teacher, primary school teacher, nurse, social worker, health visitor, councillor, midwife or even as a paramedic, this course can provide you with the right stepping stone.

Information about the course

This qualification isn't about teaching learners how to care for babies or the elderly and the ill, however; it will provide learners with the skills, knowledge and understanding that will allow them to progress onto a Health and Social Care-related Apprenticeship or Higher Education on a health and social care-related programme such as Health and Social Care, Nursing, Social Work or Early Childhood Studies.

Learners will learn by applying their skills, knowledge and understanding to tasks or activities that are relevant to what happens in health, social care and child care workplaces, as well as in academic settings, and they will also learn how to be proactive in promoting healthy lifestyles and supporting individuals within the sector. Having an appreciation of what happens in the workplace will also help to prepare learners for continuing their education in this sector.

Course outline

There are four mandatory topics, one of which is a portfolio while the other three are externally assessed (exam based), these include:

Unit 1: Building positive relationships in health and social care (Internal assessment)

This unit aims to introduce you to the many different relationships that you will encounter within the health and social care sector; whether with colleagues, senior members of staff, other professionals within the sector or individuals who require care and support. By doing this unit you will apply communication and relationship building skills in a practical way, considering how different factors, including context, can impact on the building of positive relationships. You will also be introduced to the concept of the person-centred approach which will help with your relationship building skills.

Unit 2: Equality, diversity and rights in health and social care (External assessment)

This unit will help you to understand the implications of diversity on practice and also the effects of discriminatory practice on individuals who require care or support. You will also gain an appreciation of how legislation and national initiatives can support and promote anti-discriminatory practice. Strategies used to promote equality, respect diversity and support individuals' rights will be examined. You will develop your ability to recognise both good practice, and discriminatory practice, in care situations. You will develop your judgement and decision making skills to choose appropriate responses to care situations and determine a course of action to promote the equality, diversity and rights of individuals in care settings

Unit 3: Health, safety and security in health and social care (External assessment)

This unit introduces you to health, safety and security in health and social care. You will acquire the necessary knowledge and skills to equip you in maintaining a safe working environment for yourself, your colleagues and individuals who require care and support. You will learn how legislation, policies and procedures work to reduce risks in health and social care and the consequences of not following them. You will also learn how to respond to different incidents and emergencies with health and social care settings

Unit 4: Anatomy and physiology for health and social care (External assessment)

This unit aims to introduce you to the basic structure and functions of the body systems involved in everyday activities and maintenance of health, including cardiovascular, respiratory and digestive systems. You will also understand the part played by organs such as the pancreas, liver and kidney. You will investigate the systems and organs involved in detecting and responding to change such as the nervous system as well as the eyes and ears. Unfortunately, things do go wrong and each system has well-known diseases and disorders. Also, as individuals grow older, they are likely to be affected by malfunctions as a result of degeneration. Some of these will simply be inconvenient; others will be life-changers. You will understand the effects on individuals and what has to be done on a daily basis to enable them to lead as full and independent a life as possible.

There are two other internally assessed units which will be chosen from the following list:

- Infection control
- Supporting people with learning disabilities
- Nutrition for health
- Sexual health, reproduction and early development stages
- The impact of long-term physiological conditions
- Supporting people with dementia
- Supporting people with mental health conditions
- Psychology for health and social care
- Sociology for health and social care
- Public health

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