

BTEC Health and Social Care: Core Questions & Vocabulary

Year Group: 10

Composite: Health and Wellbeing

Composite number: 3 of 3

Core Questions	
1	Health and wellbeing is made up of three components. What are they?
2	Identify the two inherited conditions that can be passed from parents to children.
3	What are the two most common sensory impairments?
4	List the four social factors that can affect health and wellbeing.
5	Identify the 9 factors that can affect health and wellbeing.
6	What is the normal range for an adult's resting heart rate?
7	What are the two readings that your blood pressure is made up of?
8	BMI is made up of what?
9	What are the five sections the eatwell guide is made up of?
10	How much physical activity should an adult do per week?
11	What are the guidelines surrounding alcohol units for adults.
12	What are the serious health risks substance misuse can cause?
13	What is the definition of a person centred approach?
14	Identify the three things a person can do to keep physically active?
15	What are the benefits to an individual if their blood pressure reduces?
Core Vocabulary	
1	What does BPM stand for?
2	What does BMI stand for?
3	Who is formal support usually given by?
4	What are the harmful effects of smoking?