



CITY AND ISLINGTON  
COLLEGE

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Westminster  
Kingsway College

The College of  
Haringey, Enfield  
and North East London



Capital  
City  
College  
Training

# Health Studies - Level 2 Certificate

If your goal is to have a rewarding career in the health and social care sector and to progress on to further training and qualifications, then the Level 2 First Certificate in Health and Social Care is the perfect place for you to start your journey.

This course is designed to give you a broad understanding of the theoretical knowledge, and practical skills, you will require to work in the health and social care sector. You will study a variety of key topics such as human life-span development, healthy living, and health and social care values.

More than just developing your knowledge and skills in the practical application of care, you will also expand your theoretical knowledge in areas such as the principles of effective communication, and equality and diversity in the health and social care sector.

## WHAT WILL I STUDY?

The programme covers topics such as positions and functions of the main organs of the human body, health and safety legislation for health and social care environments, effective communication skills, and equality of individuals in society. Overall, you will learn more about topics such as Sociological and Psychological Perspectives, Public Health, Caring for Children, Old-age and Young People. You will also learn about the different stages of human life, and people's individual rights and needs.

You will study different units, such as:

**Communication in Health and Social Care:** Throughout this unit, learners will investigate and learn about different forms of communication, understand barriers to communication and be able to communicate effectively.

**Individual Rights in Health and Social Care:** Learners will investigate the many factors that contribute to a diverse and equal society and the principles and values which underpin the support given to individuals.

**Individual Needs in Health and Social Care:** The aim of this unit is to enable learners to gain the knowledge, understanding and skills related to meeting individual needs. They will explore the influence of these needs on health and well-being and how they may be addressed to improve the health and well-being of an individual.

**Start Date: 2 September 2024**

**Duration: 1 Year**

**Attendance: Full Time**

**Location: Angel (K Block)**

<https://www.capitalccg.ac.uk/candi/course/course-detail/pdf/31416/>



Capital City  
College Group

[www.capitalccg.ac.uk](http://www.capitalccg.ac.uk)

Ensuring a Safe Environment in Health and Social Care: It is important that learners develop knowledge of hazards and risks, relevant legislation and the use and process of risk assessment.

Cultural Diversity in Health and Social Care: The aim of this unit is to introduce learners to the knowledge and understanding relating to cultural diversity in health and social care and also develop their understanding of its value and how it can be used to help promote equality of opportunity for service users. In a multicultural society, it is important that diversity is recognised, understood and respected by those working in the health and social care sectors.

Anatomy and Physiology for Health and Social Care: Learners will practise taking routine measurements and observations of the two systems and explore the effects of a common disorder of each system.

Human Lifespan Development: The aim of this unit is to enable learners to develop a knowledge and understanding of different aspects of human growth and development across the main life stages. Learners can explore some of the different positive and negative influences which can affect development. This will help them understand and be able to work with people who use health and social care services more effectively.

The Impact of Diet on Health: Learners will be able to explore the importance of a balanced diet, the effects of diet on health, the dietary needs of individuals and food safety and hygiene.

## WHAT WILL I NEED?

You will need:

- Three GCSEs at grade 3 or above, including English Language and Maths

All applicants must have an interview and assessment to confirm that the course is suitable for them.

## HOW WILL I BE ASSESSED?

You will be assessed by a range of methods, including written assessments, presentations, group work, internal exams, and practical assessments. All assessments attract a pass, merit, or distinction grade.

## WHAT WILL IT COST?

### AGED 16-18

If you will be aged 16, 17 or 18 on 31st August prior to the start date of your course and you have the legal right to remain in the UK for the duration of your programme then your study with us will be free. Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

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## WHAT CAN I DO AFTER?

Once you have successfully completed the course you could progress to employment, an apprenticeship or one of our Level 3 courses that can lead you to higher education.

You could progress on to the following courses:

- T Level in Science
- Health and Social Care - Level 3
- Forensic Crime Scene Investigation - Level 3
- Uniformed Protective Services - Level 3
- Applied Science - Level 3

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