Foxford Learning Plan

YEAR 11

Topic: HSC

Component 3

Key Vocabulary

Economic	Relating to money/finance.
Lifestyle data	Information about how an individual conducts their life – diet/exercise.
Physiological	To do with the functioning of the body and its systems.
Obstacle	A barrier that is in the way of someone achieving something that needs to be overcome.
Life event	An event during someone's life that can be expected or unexpected, e.g. birth of a child.
Factor	A circumstance or an element contributing to something.
Environmental	To do with one's surroundings.
Social factor	To do with relationships/friendships.
Emotional factor	To do with emotions and how an individual might feel.
Cultural	To do with the ideas, customs and social behaviour of a group .

Key Skills

Over the course of the topic, I will be able to: -

- Interpret lifestyle and physiological data.
- Create a health improvement plan.
- Interpret key information within case studies.
- Identify barriers and obstacles that people might face.



I will Understand

1. The physical, lifestyle, social, emotional, cultural, economic and environmental and lifestyle factors that have a positive or negative effect on health and wellbeing.
2. How to interpret lifestyle and physiological indicators and what it tells us about someone's health.
3. How to create a health improvement plan.
4. The obstacles that people might face completing a health improvement plan.
5. The impact of life events on relationship changes.