

GCE Health and Social Care

Further guidance on internal assessment for Unit 8: Promoting Health and Well-being

This unit requires students to produce a piece of portfolio work as follows (extract from page 96 of the specification):

Assessment evidence will typically consist of a written report on a small-scale health promotion that you have carried out.

You may work as part of a group, or as an individual, to carry out the health promotion, but your report must be an individual piece of work carried out entirely by you. Your health promotion should take approximately 15 hours to complete.

The topic of your health promotion may be drawn from any area relevant to health and social care. The target group should be from **one** of the following client groups:

- people who are ill
- young children
- older people
- people with specific needs.

Your report will demonstrate your knowledge and understanding of the promotion of health and well-being, and show evidence of your ability to conduct a small-scale health promotion. You can use either existing materials or develop your own materials to collect evidence for your health promotion.

Your report must include evidence of:

- a knowledge and understanding of the topic addressed by your promotion, and a considered and appropriate choice of target group
- b the planning of your promotion including; aims and objectives, the health promotion model(s)/approach(s) chosen, and the methods used to measure the success of the promotion
- c implementation of your health promotion, the use and development of appropriate media and materials, and an analysis of the success of your health promotion
- d the evaluation outcomes of your health promotion.

When you carry out interviews or activities with clients as part of your internally assessed work it is essential that you obtain the client's consent and maintain full confidentiality throughout.

For this unit the students can carry out a health promotion on teenagers if they wish. For example, they can carry out a health promotion on teenage:

- smoking
- obesity
- sexual health
- alcohol consumption.

These health promotions would fall under the client group of *people with specific needs*. It is important that students choose a health promotion that is suitable for the target group. For example, a health promotion into alcohol consumption would not be suitable for young children. The aim of this unit is to give students the opportunity to develop, implement and evaluate a realistic health promotion. These examples would achieve that aim, and the students could achieve the full range of marks across all mark bands.