

Health Management and Social Care – Teachers' Guide

Booklet 2 - Health and Well-being					
Key Questions	Learning Targets (Students are able to...)	Teaching Points	Curriculum and Assessment Guide / Supplementary Notes	Examples of L&T Activities and Resources	Examples of Assessment Items
<ul style="list-style-type: none"> What does health mean to you? 	<ul style="list-style-type: none"> Describe the holistic concept of health Analyze the interrelationship between different aspects of health as well as factors that affect health and well-being 	2.1 The Holistic Concept of Health <ul style="list-style-type: none"> Holistic concept of health <ul style="list-style-type: none"> Physical, social and mental well-being Able to realize aspirations and satisfy needs, and to change or cope with the environment (WHO, 1984) 	1A1 - Supplementary Notes 1A1 - Definitions of health 3A1 - Different aspects (social, psychological, emotional and physical) of health	Discussion on the cases of Nick Vujicic or So Wa Wai	Give ONE example to illustrate how each of the following is related to physical health: a) emotional health; b) social health
<ul style="list-style-type: none"> What are the factors that enhance health? What are the risk factors that influence health? 	<ul style="list-style-type: none"> Identify the factors that influence personal and social health 	2.2 Factors Affecting Health and Well-being <ul style="list-style-type: none"> Different levels to understand health: <ul style="list-style-type: none"> Individual level Community level Society level National level Global level Identify factors in the scenarios Classify the factors into different levels <i>Concept of Nutrition and food pyramids for different age groups can be taught in Booklet 3.2.A</i> <i>2.2A3 - Socio-biological and psycho-biological factors – to be taught in details in Booklet 4</i> 	1A1 - Supplementary Notes 1D Factors affecting our health / illness experiences and personal and social well-being	Case Study	Give one example of technology advancement. Identify one positive and one negative impact of this advancement on human health.
<ul style="list-style-type: none"> What is health? 	<ul style="list-style-type: none"> Explain how health can be examined by biological, psychological, social, spiritual, ecological and cultural perspectives 	2.3 Different Perspectives of Health and Well-being <ul style="list-style-type: none"> Identify key words for each perspective, e.g.: <ul style="list-style-type: none"> Biological: growth / development / disease / genetic / nutrition Social: interpersonal relationship / social support Psychological: self-esteem / self-concept / stress / emotion Spiritual: religion / personal belief Ecological: natural resources / pollution Cultural: eastern and western cultures / gender roles 	1A2-3 - Supplementary Notes 1A Biological, social, psychological, spiritual, ecological and cultural perspectives and dimensions	Example: to illustrate 'what is health / healthy lifestyle from different perspectives	Fill in the table: put down one perspective of health to each statement

Booklet 2 - Health and Well-being					
Key Questions	Learning Targets (Students are able to...)	Teaching Points	Curriculum and Assessment Guide / Supplementary Notes	Examples of L&T Activities and Resources	Examples of Assessment Items
<ul style="list-style-type: none"> How does social care promote health? 	<ul style="list-style-type: none"> Identify the importance of social care to personal and social well-being Recognize the role of formal and informal caregivers 	2.4 Promotion of Health and Well-being <ul style="list-style-type: none"> <i>More details in booklet 7 and booklet 9</i> 			