

BTEC HEALTH AND SOCIAL CARE

COMPONENT 3 - LEARNING AIM B – Interpreting health indicators

Block A – Physiological indicators	
Physiological indicators that are used to measure health:	<ul style="list-style-type: none">o pulse (resting and recovery rate after exercise)o blood pressureo peak flowo body mass index (BMI)
Using published guidance to interpret data relating to these physiological indicators:	<ul style="list-style-type: none">o pulse (resting and recovery rate after exercise)o blood pressureo peak flowo body mass index (BMI)
The potential significance of abnormal readings:	Risks to physical health

Block B – Lifestyle indicators	
Interpretation of lifestyle data, specifically risks to physical health associated with:	<ul style="list-style-type: none">o smokingo alcohol consumptiono inactive lifestyles