

GLOSSARY OF KEY TERMS

A

Abstract thinking

The ability to think about ideas and concepts that are not physically present.

Acquired brain injury.

Damage to the brain caused by trauma, illness, or lack of oxygen.

Activities of Daily Living (ADLs)

Everyday tasks like eating, dressing, and bathing that are essential for independent living.

Addiction

A dependence on a substance or behaviour that negatively impacts health or life.

Advocacy

Supporting someone to ensure their voice is heard and their needs are met.

Applied learning

Learning through practical tasks and real-world scenarios.

Antenatal care

Healthcare provided during pregnancy to monitor the health of the mother and baby.

Attachment theory

A theory that explains how early relationships with caregivers shape a person's development.

B

Balanced diet

Eating the right variety and amounts of food to maintain good health.

Barriers to care

Challenges that make accessing healthcare difficult, such as language or transport issues.

Behaviour change

Adopting healthier habits, such as quitting smoking or exercising regularly.

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Body mass index

(BMI) A measure of body weight relative to height to assess whether someone is a healthy weight.

Bonding

The process of forming a close emotional connection with another person.

C

Chronic conditions

Long-term illnesses or health issues, such as diabetes or arthritis.

Chronic Obstructive Pulmonary Disease

(COPD) A long-term lung condition that makes breathing difficult.

Cognitive Behaviour Therapy (CBT)

A type of talking therapy to change negative thoughts and behaviours.

Cognitive decline

A decrease in mental abilities, such as memory or decision-making, often due to ageing.

Cognitive development

The growth of thinking, learning, and problem-solving skills.

Cognitive super-ager

An older adult whose cognitive abilities remain sharp for their age.

Collaboration

Working together with others to achieve a shared goal.

Community-based support

Help provided by local organisations or groups to improve wellbeing.

Community nursing

Healthcare provided in a person's home or local community.

Congenital

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A condition that is present from birth.

Counselling

A talking therapy to help people cope with personal or emotional issues.

Creativity

Using imagination to produce new ideas, solutions, or works.

D

Dental hygiene

Keeping teeth and gums clean to prevent disease.

Developmental checks

Health checks to monitor a child's growth and development milestones.

Developmental delay

When a child takes longer to reach certain milestones than expected.

Developmental milestones

Skills or abilities most children achieve at specific ages, such as walking or talking.

Diagnosis

Identifying a health condition based on symptoms and tests.

Disengagement theory

A theory suggesting that older adults naturally withdraw from social roles as they age.

Disease prevention

Actions taken to reduce the risk of illness, such as vaccination.

E

Early childhood diseases

Common illnesses in young children, such as chickenpox or ear infections.

Early detection

Identifying health issues as soon as possible to improve outcomes.

Emotional attachment

A strong bond formed with another person, often during childhood.

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Emotional intelligence

The ability to understand and manage your emotions and those of others.

Emotional regulation

Controlling and managing emotional reactions in a healthy way.

Employment status

Whether a person is working, unemployed, or retired.

Empowerment

Helping individuals take control of their lives and make decisions.

Empty nest syndrome

Feelings of sadness or loss when children leave home.

Environmental health

How the physical environment affects health, such as pollution or housing quality.

F

Fall prevention

Measures taken to reduce the risk of falls, especially for older adults.

Family-centred care

Healthcare that involves and supports the whole family.

Family dynamics

The interactions and relationships within a family.

FASD Foetal Alcohol Spectrum Disorders;

a group of conditions caused by exposure of the unborn baby to alcohol during pregnancy.

Fertility

The ability to conceive children.

Fine motor skills

Small movements, like writing or buttoning clothes, that require hand-eye coordination.

Foetal

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Relating to a developing baby during pregnancy.

Frailty

A condition often seen in older adults involving weakness and vulnerability.

G

Genetic disorders

Health conditions caused by changes in genes, such as cystic fibrosis.

Genetic inheritance

Passing on traits or conditions from parents to children through genes.

Genetic predisposition

A higher chance of developing a condition based on family history.

Gross motor skills

Large movements, like running or jumping, that involve bigger muscles.

H

Health education

Teaching people how to improve and maintain their health.

Health inequalities

Differences in health outcomes between groups, often due to social or economic factors.

Health promotion

Activities aimed at improving health and preventing illness.

Health screening

Tests to check for potential health problems early.

Herd immunity

Protection from disease when most people in a community are vaccinated.

Hereditary conditions

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Health problems passed down from parents, like sickle cell anaemia.

Holistic care

Care that considers physical, emotional, social, and spiritual needs.

Holistic development

The overall growth of a person in all areas of their life.

Hormonal changes

Changes in body chemicals that can affect growth, mood, or health.

Housing quality

The condition of someone's living environment and how it affects health.

I

Identity

How a person sees and defines themselves.

Immunisation

Vaccination to protect against disease.

Independence

The ability to manage daily life without help.

Integrated Care Systems (ICS)

Healthcare organisations working together to provide seamless care.

L

Lactation

Producing breast milk after childbirth.

Lifestyle choices

Decisions, such as diet or exercise, that affect health.

Lifestyle interventions

Programmes or changes to improve health, like exercise plans

Life-changing injuries

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Serious injuries that permanently alter a person's way of living.

N

Non-clinical interventions

Support outside medical treatment, like social prescribing.

O

Obesity

A condition where excess body fat harms health.

P

Peer influence/pressure

How others affect a person's decisions or behaviour.

Person-centred care

Care tailored to the individual's needs and preferences.

Physical activity

Exercise or movement to improve health.

Public health nursing

Nurses who promote health in communities.

R

Risk-taking behaviours

Actions that may lead to harm, like smoking or reckless driving.

S

Safeguarding

Protecting people from harm or abuse.

Sedentary lifestyle

A way of living with little physical activity.

Shared decision making

Involving the person in decisions about their care.

Social determinants of health

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Factors like income and housing that affect health.

Social prescribing

Connecting people to non-medical support to improve wellbeing.

Speech development

The process of learning to talk and communicate.

STI (sexually transmitted infection)

An infection that is passed from one person to another through sexual contact.

Stigma

Negative attitudes towards certain conditions or behaviours.

V

Vaccination

A medical injection to protect against disease.

W

Wisdom

Knowledge gained through experience.