

YEAR 12 SUMMER TRANSITION BOOKLET

AAQ Level 3 Health and Social Care

F091 Anatomy and Physiology

Topic Area 1: Cardiovascular System

Student Information

Name: _____

Date Completed: _____

Welcome to Cambridge Advanced Nationals (AAQ) Health and Social Care

The OCR Cambridge Advanced National (AAQ) in Health and Social Care is an exciting Level 3 qualification designed for students interested in the science of the human body, healthcare practice, and supporting individuals across different life stages. It combines academic study with real-life application, making it an excellent pathway into university, apprenticeships, and careers in health, social care, nursing, physiotherapy, psychology, midwifery, social work and many other related professions.

Across the course, students will develop a strong understanding of:

- Human anatomy and physiology
- Health conditions and treatments
- Person-centred care
- Mental health and wellbeing
- Public health and healthcare systems
- Professional values and legislation in care settings

The qualification is equivalent in size to an A Level (Extended Certificate) and includes a mix of examined units and coursework units, helping students build both academic knowledge and practical transferable skills. OCR's current specification includes mandatory units such as F090 Principles of Health and Social Care, F091 Anatomy and Physiology, F092 Person-Centred Approach to Care, and F093 Supporting People with Mental Health Conditions.

This course suits students who are curious, compassionate, and interested in understanding how the body works and how healthcare professionals support people every day.

Recommended Reading & Resources

To support your transition into Year 12, we recommend:

Core Textbooks

- *Cambridge Advanced National (AAQ) in Health and Social Care Student Book* (Cambridge University Press) – the OCR-endorsed textbook covering all mandatory units.
- *Cambridge Advanced National (AAQ) Health and Social Care Student Textbook* ([Eboru Publishing](#)) – a student-friendly textbook with revision tasks and activities.

Websites

- [NHS](#) – for up-to-date health information
- [British Heart Foundation](#) – excellent for cardiovascular topics
- [BBC Bitesize Human Biology](#) – useful for GCSE recap
- [TED-Ed](#) – engaging short science videos

Suggested Wider Reading

- *This Is Going to Hurt* by Adam Kay
- *Being Mortal* by Atul Gawande
- *The Body* by Bill Bryson

These texts are not compulsory, but they provide a great insight into healthcare, the human body, and patient experiences.

Task 1: Meet the Cardiovascular System

Research the functions of the cardiovascular system.

List at least four functions below:

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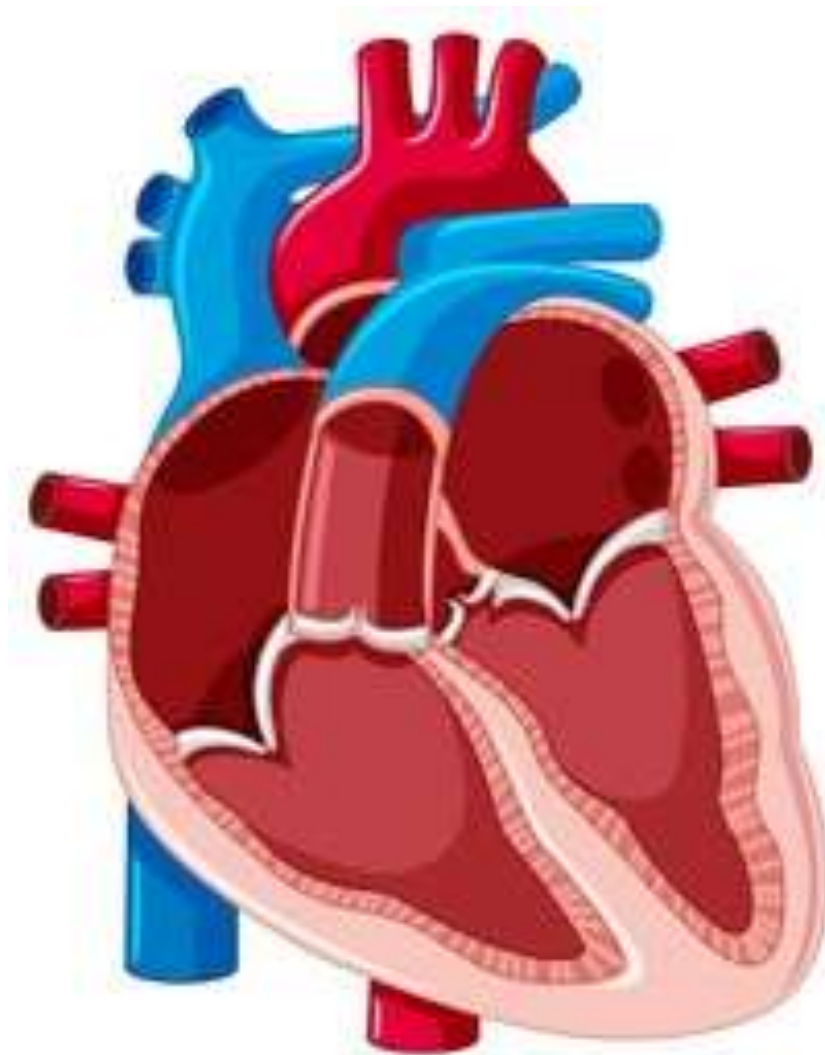
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Task 2: Label the Heart

Label:

Aorta, Inferior Vena Cava, Superior Vena Cava, Pulmonary Artery, Pulmonary Vein, Right Atrium, Left Atrium, Right Ventricle, Left Ventricle, Septum, Bicuspid Valve, Tricuspid Valve, Aortic Semi-lunar valve, Pulmonary semi-lunar valve



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Task 3: Blood Components Investigation

Research red blood cells, white blood cells, platelets and plasma.

For each, explain the function and provide one interesting fact.

Red Blood Cells:

White Blood Cells:

Platelets:

Plasma:

Task 4: Cardiovascular Disease Research

Choose ONE condition: CHD, DVT, Hypertension, Stroke or Heart Failure.

Research causes, symptoms, treatments and prevention.

Condition chosen: _____

Task 5: Lifestyle Investigation

Research how lifestyle affects cardiovascular health.

Include exercise, diet, smoking, alcohol, stress and/or sleep.

Present your findings as a poster, infographic or mind map.

Task 6: Real-life stories

Watch one of the documentaries below and write a 450-word review explaining:

1. The Heart of the Matter

<https://www.youtube.com/watch?v=TMX9zv64O04>

2. Heart: Flatline to Finish Line

<https://www.youtube.com/watch?v=SsSR6Lmvvgg>

3. The Resilient Heart

<https://www.youtube.com/watch?v=aMKzSJsXp1k>

- What did you learn?
- What surprised you?
- How does this link to cardiovascular health?

Task 7: Exam Skills Challenge

1. State one function of red blood cells (1 mark)
2. Explain why capillaries are suitable for exchange (2 marks)
3. Describe the pathway of blood through the heart (4 marks)
4. Assess the impact of cardiovascular disease on quality of life (6 marks)