|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Lesson 1Definition of health and well-being[Component 3, A1, Factors affecting health and well-being] | Lesson 2Genetic inheritance[Component 3, A1, Factors affecting health and well-being] | Lesson 3Ill health[Component 3, A1, Factors affecting health and well-being] | Lesson 4Diet[Component 3, A1, Factors affecting health and well-being] | Lesson 5Exercise[Component 3, A1, Factors affecting health and well-being] |
| Lesson 6Substance use[Component 3, A1, Factors affecting health and well-being] | Lesson 7Personal hygiene[Component 3, A1, Factors affecting health and well-being] | Lesson 8Social interactions[Component 3, A1, Factors affecting health and well-being] | Lesson 9Stress[Component 3, A1, Factors affecting health and well-being] | Lesson 10Willingness to seek help or access services[Component 3, A1, Factors affecting health and well-being] |
| Lesson 11Financial resources[Component 3, A1, Factors affecting health and well-being – Economic factors] | Lesson 12Environmental conditions[Component 3, A1, Factors affecting health and well-being – Environmental factors | Lesson 13 Housing[Component 3, A1, Factors affecting health and well-being − Environmental factor | Lesson 14The impact of life events relating to relationship changes[Component 3, A1, Factors affecting health and well-being] | Lesson 15The impact of life events relating to changes in life circumstances[Component 3, A1, Factors affecting health and well-being] |
| Lesson 16Learning aim A: assessment practicePreparation for assessment[Component 3, A1, Factors that affect health and well-being]End of learning aim | Lesson 17Preparation for assessment: practice questions[Component 3, A1, Factors that affect health and well-being]End of learning aim | Lesson 18assessment | Lesson 19assessment | Lesson 20assessment |