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