

Health & Social Care

There are 3 free Open University courses which link with several of the units you will be studying in Health and Social Care. You can complete all of them if you want or just have a go at the first one and see how you get on.

1. Go to: <https://www.open.edu/openlearn/subject-information>

Click on Health, Sports & Psychology

2. Under topics click **health**

3. The first course I think would be very useful is:

The Science of Nutrition and Healthy Eating -

<https://www.open.edu/openlearn/health-sports-psychology/health/the-science-nutrition-and-healthy-eating/content-section-overview?active-tab=description-tab>

4. Under topics click **healthcare careers.**

5. The second course I think would be useful is:

<https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/caring-hospitals/content-section-0?active-tab=description-tab>

6. Under topics click **Young Peoples Health**

7. The final course I think would be useful is:

Understanding Mental Capacity - <https://www.open.edu/openlearn/health-sports-psychology/understanding-mental-capacity/content-section-overview?active-tab=description-tab>