**HEALTH AND SOCIAL CARE – COMP 3 KNOWLEDGE ORGANISER**

 **B1 Physiological indicators**

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| **Interpretation of physiological data according to published guidel**ines* Resting heart rate (pulse) - normal range 60 to 100 bmp
* Heart rate (pulse) recovery after exercise – the heart’s ability to return to normal levels after physical activity is a good indicator of fitness
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| **Blood Pressure Chart | Templates at allbusinesstemplates.comBlood pressure (BP)** * low blood pressure 90/60mmHg or lower,
* ideal blood pressure between 90/60mmHg and 120/80mmHg
* pre-high between120/80mmHg and 140/90mmHg
* high blood pressure 140/90mmHg or higher
* systolic, diastolic, hypertension, hypotension, causes, short

 term and long term risks, how to reduce high blood pressure |
| A person's body chart  Description automatically generated with medium confidence**Body mass index (BMI)*** underweight below 18.5 kg/m2
* healthy weight between 18.5 kg/m2 and 24.9 kg/m2
* overweight between 25 kg/m2 and 29.9 kg/m2
* obese between 30 kg/m2 and 39.9 kg/m2
* severely obese 40 kg/m2 or above
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| C:\Users\anna.rawles\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CB5E904.tmp**The potential significance of abnormal readings**: * Impact on current physical health (short-term risks)
* Potential risks to physical health (long-term risks)
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| What Are The Recommended Limits Of Alcohol - State The Recommended ...How lifestyle choices can determine physical healthInterpretation of lifestyle data according to published guidelines:* Nutrition – the Eatwell Guide
* Physical activity – UK Chief Medical Officers’ Physical Activity Guidelines (how much?)
* Smoking – UK Chief Medical Officers’ Smoking Guidelines
* Alcohol – UK Chief Medical Officers’ Alcohol Guidelines (how many units?)
* Substance misuse – prescription drugs, illegal drugs, smoking, alcohol
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