**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 |
| **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 |
| 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) |
| What Are The Recommended Limits Of Alcohol - State The Recommended ...How lifestyle choices can determine physical health  Interpretation 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 |