

# Open Awards Qualification Unit



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## 1 Unit Details

Unit Title:	Exercise, Health and Lifestyle Factors
Unique Reference Number:	K/506/7789
Level:	Level 3
Credit Value:	10
Minimum GLH:	60

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know the importance of lifestyle factors in the maintenance of health and wellbeing	1.1 Describe lifestyle factors and highlight their importance when maintaining health and wellbeing
2. Be able to assess the lifestyle of a selected individual	2.1 Design and use a lifestyle questionnaire to describe the strengths and areas for improvement in the lifestyle of a selected individual
3. Be able to provide advice on lifestyle improvement	3.1 Provide lifestyle improvement strategies for a selected individual
4. Be able to plan a health-related physical activity programme for a selected individual	4.1 Plan a six-week health-related physical activity programme for a selected individual
5. Be able to evaluate the effectiveness of the plan	5.1 Carry out an evaluation of the plan