Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Maintaining a Healthy Lifestyle	
Unit Reference Number:	M/615/6676	
Level:	Level 1	
Credit Value:	2	
Minimum GLH:	18	

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):		Assessment Criterion (The Learner can):	
1.	Know what contributes to a healthy lifestyle	1.1	Outline factors that contribute to a healthy lifestyle
		1.2	Outline benefits of living a healthy lifestyle
2.	Know how activities contribute to a healthy lifestyle	2.1	List activities that support a healthy lifestyle
		2.3	Identify the benefits of activities on personal wellbeing as a result of taking part in activities
3.	Know what contributes to an unhealthy lifestyle	3.1	Outline activities and choices that hinder a healthy lifestyle
		3.2	Outline how these activities and choices can have a negative effect on personal wellbeing
4.	Know how to develop a personal healthy lifestyle plan	4.1	Outline positive and negative aspects of own lifestyle
		4.2	Produce an action plan to improve own health and wellbeing