

# Open Awards Qualification Unit



This unit forms part of a regulated qualification.

## 1 Unit Details

Unit Title:	Maintaining a Healthy Lifestyle
Unit Reference Number:	H/615/6724
Level:	Entry Level 3
Credit Value:	2
Minimum GLH:	20

## 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 State factors that contribute to a healthy lifestyle
	1.2 Identify benefits of living a healthy lifestyle
2. Know how activities contribute to a healthy lifestyle	2.1 Identify activities that support a healthy lifestyle
	2.2 Give the benefits of identified activities on personal wellbeing
3. Know what contributes to an unhealthy lifestyle	3.1 Identify activities and/or choices that hinder a healthy lifestyle
	3.2 Give a possible negative impact of these activities and/or choices on personal wellbeing
4. Know how to develop a personal healthy lifestyle plan	4.1 Identify a positive and negative aspect of own lifestyle
	4.2 State ways to improve own health and wellbeing