

# Access to H.E. National Programme Unit



|                   |                                 |                     |                            |
|-------------------|---------------------------------|---------------------|----------------------------|
| Unit Title:       | Life Style Choices and Health   |                     |                            |
| Graded Unit Code: | GA33BIO19                       | Ungraded Unit Code: | UA33BIO19                  |
| Pathway(s):       | Health                          |                     |                            |
| Module(s):        | Human Biology<br>Health Studies |                     |                            |
| Level:            | 3                               | Credit Value:       | 3                          |
| Valid from:       | 31 <sup>st</sup> July 2021      | Valid to:           | 31 <sup>st</sup> July 2026 |

**The following QAA grade descriptors must be applied if you are delivering the graded version of this unit:**

|   |                                |
|---|--------------------------------|
| 1 | Understanding of the subject   |
| 2 | Application of knowledge       |
| 5 | Communication and presentation |
| 7 | Quality                        |

| LEARNING OUTCOMES  | ASSESSMENT CRITERIA  |
|--|--|
| <b>The learner will:</b>   | <b>The learner can:</b>  |
| 1. Understand how an individual's diet can affect their health                 | 1.1 Outline some of the possible consequences of consuming an unhealthy diet   |
|  | 1.2 Discuss the long term effects of obesity or extreme weight loss on the human body  |
|  | 1.3 Evaluate the evidence that suggests that the over consumption of some foods (e.g. sugar, butter, red meat) can lead to health issues |
| 2. Understand the benefits and possible hazards of different types of exercise | 2.1 Describe the general benefits to health of regular moderate exercise   |

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|--|-----|---|
|  | 2.2 | Research the benefits and health hazards associated with a specific type of exercise (e.g. high impact exercise, weight training)                   |
| 3. Recognise the perceived benefits and hazards associated with the use of drugs | 3.1 | Evaluate public perception to the use of different types of drugs for example, alcohol, nicotine (tobacco), marijuana, cocaine or anabolic steroids |
|  | 3.2 | Describe the possible benefits (if any) and the health risks associated with short term or long term consumption of a named drug                    |