

Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

Unit Title: Lifestyle Choices and Health

Graded Unit Reference Number: GA33BIO19

Ungraded Unit Reference Number: UA33BIO19

Module: Human Biology, Health Studies

Level: Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Units barred for selection against this unit:

- Promoting Health (GA36BIO37 / UA36BIO37)

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
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
	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