

# 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 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