

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Introduction to a Healthy Lifestyle
Unit Reference Number:	L/506/3251
Level:	Level 1
Credit Value:	3
Minimum GLH:	26

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 in the local area that support a healthy lifestyle
	2.2 Select activities that support a healthy lifestyle
	2.3 Identify the benefits of selected activities on personal wellbeing as a result of taking part in activities
3. Know what contributes to an unhealthy lifestyle	3.1 List 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 Identify positive and negative aspects of own lifestyle
	4.2 Produce an action plan to improve own health and wellbeing