

# Open Awards Qualification Unit



This unit forms part of a regulated qualification. Click [here](#) to view qualifications.

## 1 Unit Details

Unit Title:	Healthy Living
Unit Reference Number:	A/615/9189
Level:	Level 2
Credit Value:	3
Minimum GLH:	24

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about personal fitness	1.1 Explain the term 'personal fitness'
	1.2 Describe the advantages of different activities in relation to personal fitness
	1.3 Describe the disadvantages of different activities in relation to personal fitness
2. Be able to develop a personal exercise programme to improve own healthy lifestyle	2.1 Develop a programme of personal exercise to improve own healthy lifestyle
	2.2 Record own progress
3. Know about the role of a balanced diet in promoting good health	3.1 Explain the principles of healthy eating
	3.2 Design nutritionally balanced meals for self
	3.3 Give the reasons for choice of the meals
4. Know about the importance of personal hygiene and grooming	4.1 Explain the reasons for personal hygiene
	4.2 Explain the reasons for good grooming
5. Understand the issues of sex education and contraception	5.1 Describe methods of contraception
	5.2 Explain the need for sexual responsibility in personal relationships
	5.3 Identify sexually transmitted diseases

	5.4	Explain the cause and consequences of identified sexually transmitted diseases
6. Be able to take responsibility for own health and lifestyle	6.1	Devise an action plan for a healthy lifestyle
	6.2	Access information from agencies to support own action plan