

# 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                                                  |