

Open Awards Unit

Quality Endorsed Unit



1 Unit Details

Unit Title:	Achieving A Healthy Me
Unit Reference Number:	HJ1/2/WR/004
Level:	2
Credit Value:	4
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know how a healthy lifestyle is a combination of diet, exercise and emotional well-being	1.1 Explain the link between diet, exercise and emotional well-being
	1.2 Explain the emotional and social factors that influence our diet choices
	1.2 Describe the positive impact that exercise has on emotional well-being
	1.3 Set 5 personal targets to improve own health
	1.4 Evaluate progress made against targets set
2. Know what foods form the basis of a healthy diet and know the dangers of an unhealthy diet	2.1 Explain why we need a balanced diet
	2.2 Describe the effect on the body of either too much sugar, too much salt or too much fat
	2.3 Compare the nutritional information on two items of food packaging and explain what they reveal about the products
	2.3 Design a healthy meal and explain how it forms part of a balanced diet
	2.4 Explain changes made in their own diet as a result of the course and evaluate the impact on own health

<p>3. Know the benefits of a varied exercise routine</p>	<p>3.1 Outline the nature and the value of high and low impact exercise and explain why these are needed for a healthy body</p> <hr/> <p>3.2 Discuss barriers to exercise and advise on the best strategies to overcome them</p> <hr/> <p>3.3 Explain changes made in their own approach to exercise as a result of the course and evaluate progress</p>
<p>4. Know the effects of stress on emotional and physical health and the strategies to cope with stress</p>	<p>4.1 Select the 5 most common causes of stress and then analyse the impact they can have on a person's emotional and physical health</p> <hr/> <p>4.2 Describe 5 of the most effective strategies to cope with stress</p> <hr/> <p>4.3 Explain changes made in own approach to dealing with stress as a result of the course and evaluate their effectiveness</p>
<p>5. Know strategies to take control of own emotional and physical health</p>	<p>5.1 Explain the key steps needed to take control of their own health</p> <hr/> <p>5.2 Describe 2 occasions when they need to take control of their health and explain what strategies you would use, including:</p> <p style="margin-left: 40px;">a) 1 example of emotional health</p> <p style="margin-left: 40px;">b) 1 example of physical health</p> <hr/> <p>5.3 Select appropriate local agencies/professionals offering support for a healthy lifestyle</p>