

# Open Awards Qualification Unit



This unit forms part of a regulated qualification.

## 1 Unit Details

Unit Title:	Healthy Lifestyles
Unit Reference Number:	T/615/6307
Level:	1
Credit Value:	3
Minimum GLH:	27

## 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
	List activities and choices that hinder a healthy lifestyle
2. Know the basic principles of weight control	2.1 Outline the basic principles of weight control, including: a) Weight loss b) Weight gain c) Weight maintenance
	2.2 Outline the importance of personal fitness
3. Know about diseases	3.1 Outline the difference between communicable and non-communicable diseases
	3.2 Describe how lifestyle factors effect the incidence of non-communicable disease
	3.3 Give examples of steps that can be taken to prevent the spread of disease
	3.4 Give an example of a development in medicine that supports the prevention or cure of a communicable or non-communicable disease
4. Know about illegal and legal substances	4.1 Give examples of illegal and legal substances that are commonly misused
	4.2 Give reasons for the misuse of substances
	4.3 Describe the potential impact of misuse of substances