

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Developing a Healthy Lifestyle
Unit Reference Number:	A/615/6423
Level:	Entry 3
Credit Value:	3
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand why personal fitness is important to good health	1.1 State why personal fitness is important to good health
2. Be able to recognise the role that exercise plays in maintaining a healthy life style	2.1 Outline the benefits of exercise and personal fitness in maintaining a healthy lifestyle
3. Understand the importance of a balanced diet in promoting personal good health	3.1 Identify at least three foods which can promote good health
	3.2 Plan a simple and nutritionally well-balanced healthy meal
4. Understand the importance of personal hygiene and good grooming in relation to living healthily	4.1 State one way in which good personal hygiene can contribute to healthy living
	4.2 Outline a basic daily routine for maintaining personal hygiene
5. Understand the basic issues of sex education and contraception in the context of sexual health	5.1 Identify the main methods of contraception currently available
	5.2 Outline the key features of common sexually transmitted diseases
6. Know how to take responsibility for own health and lifestyle through action planning for the future	6.1 Outline a personal target/goal in relation to own health
	6.2 State how this can be achieved and successfully integrated with own lifestyle