

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Maintaining a Healthy Lifestyle

Unit Reference Number: H/615/6724

Level: Entry Level Three (3)

Credit Value: Two (2)

Minimum Guided Learning Hours: 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know what contributes to a healthy lifestyle	1.1 State factors that contribute to a healthy lifestyle
	1.2 Identify benefits of living a healthy lifestyle
2. Know how activities contribute to a healthy lifestyle	2.1 Identify activities that support a healthy lifestyle
	2.2 Give the benefits of identified activities on personal wellbeing
3. Know what contributes to an unhealthy lifestyle	3.1 Identify activities and/or choices that hinder a healthy lifestyle
	3.2 Give a possible negative impact of these activities and/or choices on personal wellbeing
4. Know how to develop a personal healthy lifestyle plan	4.1 Identify a positive and negative aspect of own lifestyle
	4.2 State ways to improve own health and wellbeing