

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Personal Health
Unit Reference Number:	T/615/6937
Level:	Entry 1
Credit Value:	3
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand what is meant by good health	1.1 State a sign of good health
	1.2 State a sign/symptom of poor health
	1.3 State a sign/symptom of an illness
2. Know important aspects of keeping healthy	2.1 State two things they can do to keep/improve own health
3. Know causes of illness	3.1 State why they might get a stomach upset
	3.2 Suggest a way of reducing the danger of becoming ill
4. Know what to do in the case of illness and injury	4.1 State what they might do if they were injured or fell very ill