

# Open Awards Qualification Unit



This unit forms part of a regulated qualification.

## 1 Unit Details

Unit Title:	Personal Health
Unit Reference Number:	F/615/6794
Level:	Entry 2
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 two signs of good health
	1.2 State two signs/symptoms of poor health
	1.3 Name an illness
	1.4 State signs/symptoms of the illness
2. Know important aspects of keeping healthy	2.1 State two things in the way we live that can affect our health
	2.2 State three things s/he can do to keep/improve own health
3. Know causes of illness	3.1 State how a cold may be caught
	3.2 State how they might get a stomach upset
	3.3 Suggest two ways of reducing the danger of becoming ill
4. Know what to do in the case of illness or injury	4.1 State what they might do if they caught a cold
	4.2 State what they might do if they were injured or fell very ill