

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Personal Health
Unit Reference Number:	Y/615/6882
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 what is meant by good health	1.1 State three signs of good health
	1.2 State three signs/symptoms of poor health
	1.3 State three illnesses
	1.4 State signs/symptoms of each
2. Know important aspects of keeping healthy	2.1 State three things in the way we live that can affect our health
	2.2 State three things they can do to keep/improve own health
3. Know causes of illness	3.1 State how a cold might be caught
	3.2 State what might cause stomach upsets
	3.3 Suggest three 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 had a stomach upset
	4.3 State what they might do if they were injured or felt very ill