

# Open Awards Qualification Unit



This unit forms part of a regulated qualification.

## 1 Unit Details

Unit Title:	Healthy Living
Unit Reference Number:	K/615/8085
Level:	Level 1
Credit Value:	3
Minimum GLH:	27

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about personal fitness	1.1 Identify reasons for developing personal fitness
	1.2 Select activities that will develop personal fitness
2. Know about healthy eating	2.1 Identify the principles of healthy eating
	2.2 Design nutritionally balanced meals for self
3. Know about personal hygiene and grooming	3.1 State reasons for the need for personal hygiene
	3.2 State reasons for the need for good grooming
4. Know about sex education and contraception	4.1 Identify methods of contraception
	4.2 Identify sexually transmitted diseases
	4.3 Identify the causes of sexually transmitted diseases
5. Be able to take responsibility for own health and lifestyle	5.1 Identify choices about own health and lifestyle
	5.2 Produce an action plan to improve own health and lifestyle