Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Healthy Lifestyles

Unit Reference Number: R/618/1246

Level: Level One (1)

Credit Value: Two (2)

Minimum Guided Learning Hours: 18

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know what is needed for a healthy body	1.1 Outline at least four things needed for a healthy body
	1.2 Identify at least four good eating or drinking habits
	1.3 Explain how physical activities can promote fitness using at least four examples
2. Know about the importance of protection from the sun and how to achieve it	2.1 Discuss at least two health risks associated with exposure to the sun
	2.2 Explain why protection from the sun is important
	2.3 Identify at least two ways to achieve protection from the sun
3. Know about the roles of given healthcare services	3.1 Identify the roles of at least three healthcare services
	3.2 Explain the role of each healthcare service

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