

Unit Title: Healthy Living
Unit Level: 1
Unit Credit Value: 3
GLH: 27
LASER Unit Code: BZO978
Ofqual Unit Code: T/500/4713

This unit has 6 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand why fitness is important.	1.1	Identify the main reasons for developing personal fitness.
2.	Recognise the role that exercise plays in a healthy lifestyle.	2.1	Select appropriate activities for developing personal fitness in relation to weight, health and age.
3.	Understand the role of a balanced diet in promoting personal good health.	3.1	Identify the principles of healthy eating.
		3.2	Design nutritionally balanced meals for self.
4.	Understand the importance of personal hygiene and good grooming.	4.1	State good reasons for the need for personal hygiene and good grooming.
5.	Understand the basic issues of sex education and contraception.	5.1	Identify methods of contraception.
		5.2	Identify main sexually transmitted diseases and their causes.
6.	Recognise the importance of taking responsibility for their health and lifestyle through action planning for the future.	6.1	Identify choices about his/her own lifestyle based on knowledge gained.
		6.2	Produce a simple action plan.

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ASSESSMENT INFORMATION

Guidance:

This grid gives details of the assessment activities to be used with the unit attached. Please refer to LASER Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

Assessment activities for this unit are indicated in the table below:

Any of these assessment methods considered appropriate may be used. However if a **P for Prescribed** appears against any assessment method, it *must* be used to assess some part/s of the unit.

Case study		Project	
Written question & answer/test/exam		Role play/simulation	
Essay		Practical demonstration	
Report		Group discussion	P
Oral question and answer		Performance/exhibition	
Written description	P	Production of artefact	
Reflective log/diary		Practice file	

Assessment guidance mandatory if completed	N/A
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