

Unit Title: Personal Health
Unit Level: Entry 2
Unit Credit Value: 3
GLH: 30
LASER Unit Code: CAL094
Ofqual Unit Code: F/600/6295

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		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 might be caught.
		3.2	State how s/he 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 s/he might do if s/he caught a cold.
		4.2	State what s/he might do if they were injured or fell very ill.

Assessment Guidance:

As an E2 unit it is expected that the learner may require some assistance in the form of prompts for the assessment. Practical tasks may be in a simulated environment.

Additional Information:

NA