

**Unit Title:** Personal Health  
**Unit Level:** Entry 3  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** CAL095  
**Ofqual Unit Code:** L/600/6297

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 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 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 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 s/he might do if s/he caught a cold.
		4.2	State what s/he might do if s/he had a stomach upset.
		4.3	State what s/he might do if s/he were injured or fell very ill.

**Assessment Guidance:**

As an E3 level unit it is expected that the learner for the majority of the assessment will be acting independently with any support being minimal. Practical tasks should normally be in a real environment.

**Additional Information:**

NA