

Unit Title: Healthy Living
Unit Level: Level 2
Unit Credit Value: 3
GLH: 24
LASER Unit Code: WJC307
Ofqual Unit Code: D/506/0595

This unit has 6 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand why personal fitness is important.	1.1	Define the term personal fitness.
		1.2	Describe the advantages of personal fitness.
2.	Know how to monitor own personal fitness.	2.1	Design a programme of personal exercise for him/herself in relation to weight, health and age.
		2.2	Know how to record own progress in terms of personal fitness.
3.	Understand the role of a balanced diet in promoting good health.	3.1	Describe the principles of healthy eating.
		3.2	Design nutritionally balanced meals for self, giving reasons for choice.
4.	Understand the importance of personal hygiene and good grooming.	4.1	Describe reasons for the need for personal hygiene and good grooming.
5.	Understand the basic issues of sex education and contraception.	5.1	Describe a range of methods of contraception.
		5.2	Describe the reasons sexual responsibility in personal relationships is needed.
		5.3	Identify at least two sexually transmitted diseases, explaining their causes and consequences.
6.	Know how to take responsibility for their health and life style through action planning for the future.	6.1	Devise an action plan for a healthy life style.
		6.2	Apply information from appropriate agencies to support this action plan.

Assessment Guidance:

NA

Additional Information:

NA
