

Unit Title: How The Body Works
Unit Level: Level 1
Unit Credit Value: 4
GLH: 30
LASER Unit Code: WJC540
Ofqual Unit Code: K/506/0941

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know the functions of the skeletal and muscular systems.	1.1	Identify the functions of the skeleton.
		1.2	Identify the functions of the muscular system.
2.	Know the structure and functions of the cardio-respiratory systems.	2.1	Identify the structure and function of the heart.
		2.2	Identify the structure and function of the lungs.
3.	Know the requirements of a healthy diet.	3.1	Identify the different nutrients for a healthy diet.
		3.2	Identify the functions of each nutrient for a healthy body.

Assessment Guidance:

NA

Additional Information:

NA