

Unit Title: Understanding How To Maintain Personal Health And Wellbeing
Unit Level: Level 1
Unit Credit Value: 3
GLH: 25
LASER Unit Code: WJC730
Ofqual Unit Code: T/506/0599

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know symptoms of physical, mental and emotional ill health, including STIs.	1.1	Identify symptoms of physical, mental and emotional ill health.
		1.2	Identify symptoms of sexually transmitted infections (STIs).
		1.3	Outline ways to prevent STIs.
2.	Understand how mental and emotional health and wellbeing can be affected.	2.1	Identify factors that may affect mental and emotional health and wellbeing in a) positive ways b) negative ways.
		2.2	Outline how external factors may affect feelings, emotions and behaviour in a positive and negative way.
		2.3	Outline positive ways of managing external effects on health and wellbeing.
3.	Understand personal choices regarding health and wellbeing.	3.1	Outline reasons for personal choices that could affect health and wellbeing.
		3.2	Outline how personal choices can affect health and wellbeing in a) the short-term b) the long-term.
4.	Understand how to use advice about health and wellbeing.	4.1	Identify situations where advice on health and wellbeing may be needed.
		4.2	Identify sources of information on health and wellbeing.
		4.3	Describe how to use sources of advice about health and wellbeing.
		4.4	Outline how to get help in an accident or emergency.

Assessment Guidance:

NA

Additional Information:

NA