

Unit Title: Developing Skills for a Healthy Lifestyle	
Level:	Entry Three
Credit Value:	3
GLH:	30
OCNLR Unit Code:	HJ1/E3/LQ/004
Ofqual Unit Reference Number:	J/504/8490

This unit has 6 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand why personal fitness is important to good health.	1.1. State why personal fitness is important to good health.
2. Be able to recognise the role that exercise plays in a maintaining a healthy lifestyle.	2.1. Outline the benefits of exercise and personal fitness in maintaining a healthy lifestyle.
3. Understand the importance of a balanced diet in promoting personal good health.	3.1. Identify at least three foods which can promote good health. 3.2. Plan a simple and nutritionally well-balanced healthy meal.
4. Understand the importance of personal hygiene and good grooming in relation to living healthily.	4.1. State one way in which good personal hygiene can contribute to healthy living. 4.2. Outline a basic daily routine for maintaining personal hygiene.
5. Understand the basic issues of sex education and contraception in the context of sexual health.	5.1. Identify the main methods of contraception currently available. 5.2. Outline the key features of common sexually transmitted diseases.
6. Know how to take responsibility for own health and lifestyle through action planning for the future.	6.1. Outline a personal target/goal in relation to own health. 6.2. State how this can be achieved and successfully integrated with your lifestyle.

Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

P = Prescribed This assessment method *must* be used to assess all or part of the unit.

O = Optional This assessment method *could* be used to assess all or part of the unit.

Case Study		Project	O
Written question & answer/test/exam		Role play/simulation	
Essay		Practical demonstration	
Report		Group discussion	O
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	