

Unit Title: Healthy Living	
Level:	One
Credit Value:	3
GLH:	27
OCNLR Unit Code:	HJ1/1/LQ/007
Ofqual Unit Reference Number:	L/504/8264

This unit has 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know about personal fitness.	1.1. Identify reasons for developing personal fitness. 1.2. Select activities that will develop personal fitness.
2. Know about healthy eating.	2.1. Identify the principles of healthy eating. 2.2. Design nutritionally balanced meals for self.
3. Know about personal hygiene and grooming.	3.1. State reasons for the need for personal hygiene. 3.2. State reasons for the need for good grooming.
4. Know about sex education and contraception.	4.1. Identify methods of contraception. 4.2. Identify sexually transmitted diseases. 4.3. Identify the causes of sexually transmitted diseases.
5. Be able to take responsibility for own health and lifestyle.	5.1. Identify choices about own health and lifestyle. 5.2. Produce an action plan to improve own health and 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	
Written question & answer/test/exam	O	Role play/simulation	
Essay		Practical demonstration	O
Report		Group discussion	P
Oral question and answer	O	Performance/exhibition	
Written description	P	Production of artefact	