Unit Title: **Health And Lifestyle**
Unit Level: **Level 3**
Unit Credit Value: **4**
GLH: **32**
LASER Unit Code: **WJE851**
Ofqual Unit Code: **R/507/1545**

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		**The learner can:**	
1.	Understand the health of the nation.	1.1	Summarise national public health priorities.
		1.2	Explain the dimensions of health to include: a) emotional b) mental c) physical d) social e) environmental f) spiritual.
		1.3	Explain how the dimensions of health can impact on wellbeing.
2.	Understand how lifestyle factors impact on health and wellbeing.	2.1	Explain how lifestyle factors can positively impact on health and wellbeing.
		2.2	Explain how lifestyle factors can negatively impact on health and wellbeing.
		2.3	Summarise the possible social benefits of participation in sport to include: a) crime reduction and community safety b) education and lifelong learning c) social capacity and cohesion.
3.	Be able to assess the lifestyle of a selected individual.	3.1	Design a lifestyle questionnaire to assess strengths and areas for improvement to cover: a) diet/healthy eating b) smoking status c) physical activity levels d) alcohol consumption.
		3.2	Use the lifestyle questionnaire to assess the strengths and areas for improvement in the lifestyle of a selected individual.
		3.3	Review findings of the lifestyle questionnaire and offer advice regarding improvements the individual could make to their current lifestyle.

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| 4. | Be able to provide advice on lifestyle improvement to a group. | 4.1 | Provide lifestyle improvement advice to a group to include:
   a) diet/healthy eating
   b) smoking
   c) physical activity
   d) alcohol consumption. |
| | | 4.2 | Provide the group with opportunity to ask questions about lifestyle improvement and give factually correct responses. |

Assessment Guidance:
NA

Additional Information:
NA