

Unit 918 Maintaining Personal Health and Wellbeing

Guided Learning Hours: 40

Ofqual Qualification Accreditation Number:

Learning Outcome	Assessment Criteria	Taught content
1. Be able to maintain personal health and wellbeing	<p>1.1 access sources of information on health and wellbeing</p> <p>1.2 state sources of information available on personal health and wellbeing</p> <p>1.3 describe the components that contribute to a balanced diet</p> <p>1.4 describe how nutrients are absorbed within the human body</p> <p>1.5 describe the effects of nutrients on the human body</p>	<p>1.1.1 To include:</p> <ul style="list-style-type: none"> • Internet • NHS guidelines • Government • Libraries • Television programmes • Magazines <p>1.2.1 To include:</p> <ul style="list-style-type: none"> • Internet • NHS guidelines • Libraries • Television programmes • Magazines <p>1.3.1 To include:</p> <ul style="list-style-type: none"> • Fruit and vegetables • Fibre • Carbohydrates • Proteins • Effects of nutrients within the human body <p>1.4.1 To include:</p> <ul style="list-style-type: none"> • Process of absorption by the villi and lacteals contained in the small intestine <p>1.5.1 To include:</p> <ul style="list-style-type: none"> • Water intake • Carbohydrates and Fats/lipids • Cholesterol • Protein and vitamins • fibre

	<p>1.6 compare own dietary intake with recommended daily intake</p> <p>1.7 describe the influencing factors that affect food intake and choice</p> <p>1.8 state the principles of healthy eating choices</p> <p>1.9 describe how to interpret retail food labelling</p> <p>1.10 describe the considerations that need to be identified when looking at body image</p>	<p>1.6.1 To include:</p> <ul style="list-style-type: none"> • Carbohydrates • Proteins • Fat • Salt intake • Water intake <p>1.7.1 To include:</p> <ul style="list-style-type: none"> • Age • Food allergies • Pregnancy • Eating disorders • Cholesterol levels • Salt intake • Budgetary constraints • Cooking abilities • Time restrictions • Food preferences • Cultural and religious beliefs <p>1.8.1 To include:</p> <ul style="list-style-type: none"> • Limit intake of salt, fat and sugar • Eat fruit daily for vitamins • Eat some fibre • Drink water <p>1.9.1 To include:</p> <ul style="list-style-type: none"> • Food labelling regulations 1996 • Nutritional signposting • Traffic light labelling • E-numbers • Label advice • Place of origin <p>1.10.1 To include</p> <ul style="list-style-type: none"> • Posture • Weight • Body shape and type (endomorph, ectomorph, mesomorph) • Basic metabolic rate
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	1.11 describe how lifestyle choices affect personal health and wellbeing	1.11.1 To include <ul style="list-style-type: none"> • Healthy eating • Fluid/water intake • Exercise • Posture • Smoking habits, • Role of supplements • Work-life balance • Working environment • Shift patterns • Stress levels and ways of coping with stress • Sleep quality and patterns • Drug, alcohol and substance abuse
2. Be able to monitor weight management	2.1 evaluate weight management programmes 2.2 explain the principles of figure analysis 2.3 describe how to identify and analyse good posture	2.1.1 To include: <ul style="list-style-type: none"> • Basal metabolic rate • Posture • Weight • Body shape and type (endomorph, ectomorph, mesomorph) • Body mass index 2.2.1 To include: Using the measurements to decide the client's figure type: <ul style="list-style-type: none"> • Pear shaped • Top heavy • Apple • Hour-glass • Square • Body type (mesomorph, ectomorph, endomorph) 2.3.1 To include: <ul style="list-style-type: none"> • Visual • Plumline • Muscle tone test

	<p>2.4 describe the effects of poor posture on the body</p> <p>2.5 evaluate safe exercise methods</p> <p>2.6 explain the principles of safe exercise on the human body</p> <p>2.7 describe the benefits that regular activities have on fitness</p> <p>2.8 describe how to measure and improve personal fitness</p>	<p>2.4.1 To include:</p> <ul style="list-style-type: none"> • Hereditary • Degenerative postural and figure faults eg. Dowager’s hump, round shoulders, winged scapulae, midriff bulge, protruding abdomen, hyper-extended knees, weight distribution, poor muscle tone • Spinal curvatures (kyphosis, lordosis, scoliosis) <p>2.5.1 To include:</p> <ul style="list-style-type: none"> • Isotonic exercise • Isometric exercise • Aerobic exercise • Stretching • Yoga • Correct breathing <p>2.6.1 To include:</p> <ul style="list-style-type: none"> • Warm up • Specific safety points • Number of repetitions • Frequency of performance • Cool down <p>2.7.1 To include:</p> <ul style="list-style-type: none"> • Weight management • Stress levels • Energy levels • Sleep patterns • Cardiovascular • Muscles • Joints <p>2.8.1 To include:</p> <ul style="list-style-type: none"> • Components of fitness (frequency, intensity, type, time, adherence) • Strength • Speed, • Stamina • Power • Suppleness
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	<p>2.9 communicate and behave in a professional manner</p> <p>2.10 follow safe and hygienic working practices</p> <p>2.11 outline safe and hygienic working practices</p>	<p>2.9.1 To include:</p> <ul style="list-style-type: none"> • Being polite • Being honest • Speaking clearly • Listening attentively • Demonstrating positive body language and facial expressions • Following instructions • Recording • Presentation <p>2.10.1 To include:</p> <ul style="list-style-type: none"> • Protecting client, self and colleagues • Sanitising tools and equipment • Disposing of waste safely <p>2.11.1 To include:</p> <ul style="list-style-type: none"> • Protecting client • Personal protection • Posture and standing position • Sanitisation of tools and equipment
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