

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"> <li>• Internet</li> <li>• NHS guidelines</li> <li>• Government</li> <li>• Libraries</li> <li>• Television programmes</li> <li>• Magazines</li> </ul> <p>1.2.1 To include:</p> <ul style="list-style-type: none"> <li>• Internet</li> <li>• NHS guidelines</li> <li>• Libraries</li> <li>• Television programmes</li> <li>• Magazines</li> </ul> <p>1.3.1 To include:</p> <ul style="list-style-type: none"> <li>• Fruit and vegetables</li> <li>• Fibre</li> <li>• Carbohydrates</li> <li>• Proteins</li> <li>• Effects of nutrients within the human body</li> </ul> <p>1.4.1 To include:</p> <ul style="list-style-type: none"> <li>• Process of absorption by the villi and lacteals contained in the small intestine</li> </ul> <p>1.5.1 To include:</p> <ul style="list-style-type: none"> <li>• Water intake</li> <li>• Carbohydrates and Fats/lipids</li> <li>• Cholesterol</li> <li>• Protein and vitamins</li> <li>• fibre</li> </ul>

	<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"> <li>• Carbohydrates</li> <li>• Proteins</li> <li>• Fat</li> <li>• Salt intake</li> <li>• Water intake</li> </ul> <p>1.7.1 To include:</p> <ul style="list-style-type: none"> <li>• Age</li> <li>• Food allergies</li> <li>• Pregnancy</li> <li>• Eating disorders</li> <li>• Cholesterol levels</li> <li>• Salt intake</li> <li>• Budgetary constraints</li> <li>• Cooking abilities</li> <li>• Time restrictions</li> <li>• Food preferences</li> <li>• Cultural and religious beliefs</li> </ul> <p>1.8.1 To include:</p> <ul style="list-style-type: none"> <li>• Limit intake of salt, fat and sugar</li> <li>• Eat fruit daily for vitamins</li> <li>• Eat some fibre</li> <li>• Drink water</li> </ul> <p>1.9.1 To include:</p> <ul style="list-style-type: none"> <li>• Food labelling regulations 1996</li> <li>• Nutritional signposting</li> <li>• Traffic light labelling</li> <li>• E-numbers</li> <li>• Label advice</li> <li>• Place of origin</li> </ul> <p>1.10.1 To include</p> <ul style="list-style-type: none"> <li>• Posture</li> <li>• Weight</li> <li>• Body shape and type (endomorph, ectomorph, mesomorph)</li> <li>• Basic metabolic rate</li> </ul>
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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"> <li>• Healthy eating</li> <li>• Fluid/water intake</li> <li>• Exercise</li> <li>• Posture</li> <li>• Smoking habits,</li> <li>• Role of supplements</li> <li>• Work-life balance</li> <li>• Working environment</li> <li>• Shift patterns</li> <li>• Stress levels and ways of coping with stress</li> <li>• Sleep quality and patterns</li> <li>• Drug, alcohol and substance abuse</li> </ul>
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"> <li>• Basal metabolic rate</li> <li>• Posture</li> <li>• Weight</li> <li>• Body shape and type (endomorph, ectomorph, mesomorph)</li> <li>• Body mass index</li> </ul> 2.2.1 To include: Using the measurements to decide the client's figure type: <ul style="list-style-type: none"> <li>• Pear shaped</li> <li>• Top heavy</li> <li>• Apple</li> <li>• Hour-glass</li> <li>• Square</li> <li>• Body type (mesomorph, ectomorph, endomorph)</li> </ul> 2.3.1 To include: <ul style="list-style-type: none"> <li>• Visual</li> <li>• Plumline</li> <li>• Muscle tone test</li> </ul>

	<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"> <li>• Hereditary</li> <li>• 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</li> <li>• Spinal curvatures ( kyphosis, lordosis, scoliosis)</li> </ul> <p>2.5.1 To include:</p> <ul style="list-style-type: none"> <li>• Isotonic exercise</li> <li>• Isometric exercise</li> <li>• Aerobic exercise</li> <li>• Stretching</li> <li>• Yoga</li> <li>• Correct breathing</li> </ul> <p>2.6.1 To include:</p> <ul style="list-style-type: none"> <li>• Warm up</li> <li>• Specific safety points</li> <li>• Number of repetitions</li> <li>• Frequency of performance</li> <li>• Cool down</li> </ul> <p>2.7.1 To include:</p> <ul style="list-style-type: none"> <li>• Weight management</li> <li>• Stress levels</li> <li>• Energy levels</li> <li>• Sleep patterns</li> <li>• Cardiovascular</li> <li>• Muscles</li> <li>• Joints</li> </ul> <p>2.8.1 To include:</p> <ul style="list-style-type: none"> <li>• Components of fitness (frequency, intensity, type, time, adherence)</li> <li>• Strength</li> <li>• Speed,</li> <li>• Stamina</li> <li>• Power</li> <li>• Suppleness</li> </ul>
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	2.9 communicate and behave in a professional manner	2.9.1 To include: <ul style="list-style-type: none"> <li>• Being polite</li> <li>• Being honest</li> <li>• Speaking clearly</li> <li>• Listening attentively</li> <li>• Demonstrating positive body language and facial expressions</li> <li>• Following instructions</li> <li>• Recording</li> <li>• Presentation</li> </ul>
	2.10 follow safe and hygienic working practices	2.10.1 To include: <ul style="list-style-type: none"> <li>• Protecting client, self and colleagues</li> <li>• Sanitising tools and equipment</li> <li>• Disposing of waste safely</li> </ul>
	2.11 outline safe and hygienic working practices	2.11.1 To include: <ul style="list-style-type: none"> <li>• Protecting client</li> <li>• Personal protection</li> <li>• Posture and standing position</li> <li>• Sanitisation of tools and equipment</li> </ul>