

**ITEC LEVEL 3 UNIT TEST SPECIFICATION  
2011**

**Unit 918 Maintaining Personal Health and Wellbeing**

External Assessment Method:	Multiple Choice Question Paper on demand	
Duration of External Assessment:	15 minutes	
Pass Mark:	60%	
Grading:	Pass, Credit or Distinction	
Frequency of External Assessment:	On demand (once ALL hours for the unit have been completed)	
Assessment criteria to be Assessed:	All assessment criteria will be assessed	
Format of Questions:	Stem, 1 key and 3 distracters	
No. of Questions	10 questions	
Distribution of questions:  Each question will be allocated one mark.       The breakdown of questions listed can be found in the assessment criteria in the ITEC syllabus for unit 918 as follows:	<u>Unit</u>  Unit 918 Maintaining Personal Health and Wellbeing	<u>No. of Questions per unit</u>  10
	<u>Breakdown of Questions</u> Unit 918 Maintaining Personal Health and Wellbeing: <ul style="list-style-type: none"> <li>Sources of information available on personal health and wellbeing (1Q)</li> <li>Components that contribute to a balanced diet (1Q)</li> <li>How nutrients are absorbed within the human body and their effects (1Q)</li> <li>Influencing factors that affect food intake and choice, principles of healthy eating choices (1Q)</li> <li>How to interpret retail food labelling (1Q)</li> <li>Considerations that need to be identified</li> </ul>	<u>Related to ITEC Assessment Criteria for each Unit as listed below:</u>  1.2  1.3  1.4, 1.5  1.7, 1.8  1.9  1.10, 1.11

	<p>when looking at body image and how lifestyle choices affect personal health and wellbeing (1Q)</p> <ul style="list-style-type: none"> <li>• Weight management programmes, principles of figure analysis and good posture (1Q)</li> <li>• Safe exercise methods and the principles of safe exercise (1Q)</li> <li>• Benefits that regular activities have on fitness and how to measure and improve personal fitness (1Q)</li> <li>• Safe and hygienic working practices (1Q)</li> </ul>	<p>2.1, 2.2, 2.3, 2.4</p> <p>2.5, 2.6</p> <p>2.7, 2.8</p> <p>2.11</p>
Administration of External Assessment:	<p>For security required of centres and for the administration of examination papers, please refer to the <i>ITEC Regulations and Procedures for Operating Theory Examinations</i> document.</p>	