

Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

Unit title: iUCO47 – Maintaining personal health and well-being

Total contact tuition hours proposed: 60

Lecturer(s) responsible:

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> College rules and regulations College mission statement VTCT (ITEC) rules and regulations Health & safety Timetable Dates – holidays etc. Syllabus Recommended books Uniform 	<ul style="list-style-type: none"> Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course 	
1. Be able to maintain personal health and wellbeing			
Access sources of information on health and wellbeing	<ul style="list-style-type: none"> Internet NHS guidelines Government Libraries Television programmes Magazines 	<ul style="list-style-type: none"> OHP/Whiteboard Lecture Q&A Homework Tests 	30
State sources of information available on personal health and wellbeing	<ul style="list-style-type: none"> Internet NHS guidelines Libraries Television programmes 		

	<ul style="list-style-type: none"> • Magazines 		
Describe the components that contribute to a balanced diet	<ul style="list-style-type: none"> • Fruit and vegetables • Fibre • Carbohydrates • Proteins • Effects of nutrients within the human body 		
Describe how nutrients are absorbed within the human body	<ul style="list-style-type: none"> • Process of absorption by the villi and lacteals contained in the small intestine 		
Describe the effects of nutrients on the human body	<ul style="list-style-type: none"> • Water intake • Carbohydrates and fats/lipids • Cholesterol • Protein and vitamins • Fibre 		
Compare own dietary intake with recommended daily intake	<ul style="list-style-type: none"> • Carbohydrates • Proteins • Fat • Salt intake • Water intake 		
Describe the influencing factors that affect food intake and choice	<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 		
State the principles of healthy eating choices	<ul style="list-style-type: none"> • Limit intake of salt, fat and sugar • Eat fruit daily for vitamins • Eat some fibre • Drink water 		
Describe how to interpret retail food labelling	<ul style="list-style-type: none"> • Food Labelling Regulations 1996 • Nutritional signposting 		

	<ul style="list-style-type: none"> • Traffic light labelling • E-numbers • Label advice • Place of origin 		
Describe the considerations that need to be identified when looking at body image	<ul style="list-style-type: none"> • Posture • Weight • Body shape and type (endomorph, ectomorph, mesomorph) • Basic metabolic rate 		
Describe how lifestyle choices affect personal health and wellbeing	<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			
Evaluate weight management programmes	<ul style="list-style-type: none"> • Basal metabolic rate • Posture • Weight • Body shape and type (endomorph, ectomorph, mesomorph) • Body mass index 	<ul style="list-style-type: none"> • OHP/Whiteboard • Lecture • Q&A • Homework • Tests 	30
Explain the principles of figure analysis	<ul style="list-style-type: none"> • 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) 		
Describe how to identify and analyse good posture	<ul style="list-style-type: none"> • Visual • Plumb line • Muscle tone test 		

Describe the effects of poor posture on the body	<ul style="list-style-type: none"> • Hereditary • Degenerative postural and figure faults e.g. Dowager’s hump, round shoulders, winged scapulae, midriff bulge, protruding abdomen, hyper-extended knees, weight distribution, poor muscle tone • Spinal curvatures (kyphosis, lordosis, scoliosis) 		
Evaluate safe exercise methods	<ul style="list-style-type: none"> • Isotonic exercise • Isometric exercise • Aerobic exercise • Stretching • Yoga • Correct breathing 		
Explain the principles of safe exercise on the human body	<ul style="list-style-type: none"> • Warm up • Specific safety points • Number of repetitions • Frequency of performance • Cool down 		
Describe the benefits that regular activities have on fitness	<ul style="list-style-type: none"> • Weight management • Stress levels • Energy levels • Sleep patterns • Cardiovascular • Muscles • Joints 		
Describe how to measure and improve personal fitness	<ul style="list-style-type: none"> • Components of fitness (frequency, intensity, type, time, adherence) • Strength • Speed • Stamina • Power • Suppleness 		
Communicate and behave in a professional manner	<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 		

Follow safe and hygienic working practices	<ul style="list-style-type: none"> • Protecting client, self and colleagues • Sanitising tools and equipment • Disposing of waste safely 		
Outline safe and hygienic working practices	<ul style="list-style-type: none"> • Protecting client • Personal protection • Posture and standing position • Sanitisation of tools and equipment 		

Document History

Version	Issue Date	Changes	Role
v1	30/09/2019	First published	Qualifications Administrator