

Unit Title:	Introducing personal health and wellbeing
OCR unit number	T/503/3211
Level:	Entry 3
Credit value:	3
Guided learning hours:	30
Unit expiry date:	01/07/2016

Unit purpose and aim

The purpose of this unit is to introduce learners to personal health and wellbeing. This unit will enable the learner to know what constitutes physical, mental and emotional health. Learners will consider ways to maintain good health and combat ill health. Learners will identify risks and benefits of personal health and lifestyle choices, and where to find advice about health and wellbeing.

Learning Outcomes	Assessment Criteria	Exemplification
<p>The Learner will:</p> <p>1 Know what it means to be healthy</p>	<p>The Learner can:</p> <p>1.1 Identify aspects of good</p> <p>a) physical health and wellbeing</p> <p>b) mental health and wellbeing</p> <p>c) emotional health and wellbeing</p>	<ul style="list-style-type: none"> Physical health relates to the health of the body. Examples could include being a healthy weight/overweight; levels of fitness/activity; unwell/free of illness Mental health relates to the health of the mind. Examples could include suffering from clinical depression or a mental illness such as bi-polar disorder Emotional health relates to emotions and feelings. Examples could include general outlook on life (positive or negative), or experiencing emotions that are overwhelming such as extreme anxiety, anger or sadness
<p>2 Understand how to stay healthy</p>	<p>2.1 Identify factors that might affect personal health and wellbeing in</p> <p>a) a positive way</p> <p>b) a negative way</p>	<p>Examples could include:</p> <ul style="list-style-type: none"> behaviour such as smoking, drinking alcohol or eating healthily/unhealthily increasing activity or exercise relationship events such as falling in love or breaking up pressures related to schoolwork/exams taking medication to maintain good mental health

When candidates complete an assignment/activity, the centre assessor (usually the teacher/tutor) assesses their work. When the assessor is satisfied that the candidate has met all the requirements for a unit, they must confirm this by signing the cover of the evidence booklet (or by completing the evidence checklist) for that unit to show that the assessment process is complete.

Results will be graded Pass or Fail.

Functional Skills signposting

This section indicates where candidates may have an opportunity to develop their functional skills.

Functional Skills Standards					
English		Mathematics		ICT	
Speaking and Listening	✓	Representing		Use ICT systems	
Reading	✓	Analysing		Find and select information	✓
Writing	✓	Interpreting		Develop, present and communicate information	

Relationships with Personal, Learning and Thinking Skills (PLTS)

This section indicates how the unit relates to the six PLTS areas:

PLTS					
Independent Enquirers	Creative Thinkers	Reflective Learners	Team Workers	Self Managers	Effective Participators
✓		✓			

Resources

The following resources are available for this unit:

Unit specification

Candidate evidence booklet

Candidate evidence checklists

Candidate Submission Forms

Marking guidance

Handbook

Glossary

Frequently Asked Questions (FAQs)

Additional information

For further information regarding administration for this qualification, please refer to the *Personal Life Skills Centre Handbook* and the OCR document 'Admin Guide: Vocational Qualifications' (A850) on the OCR website www.ocr.org.uk.