

Component Credit Value:	2
Component Level:	One
Component Guided Learning Hours:	18
Ofqual Component Reference No:	Y/617/1866
Component Review Date:	31/07/2023
Component Sector:	1.3 Health and Social Care

Component Summary

The purpose of this component is to provide learners with an introduction to having a healthy lifestyle and the consequences of a poor lifestyle. Learners will explore the key lifestyle and health factors and reflect on the consequences of a poor lifestyle. This component will also be able to recommend a healthy lifestyle.

The aim of this component is, therefore, to develop a fundamental appreciation in learners of the impact that lifestyles choices can have on everyday life.

Standards

This component has **4** standards

1	Know about lifestyle factors
2	Know about a healthy lifestyle
3	Know the consequences of a poor lifestyle
4	Be able to recommend a healthy lifestyle

It is expected that before the component is delivered, the Tutor/Assessor will have read the Qualification Handbook to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled.

Summary of Assessment

This component may be assessed through:

1) an internally set, internally marked and externally verified portfolio of evidence. The information on the following pages details what the learner must successfully complete to achieve the component. Knowledge that must be demonstrated by the learner is highlighted in purple and any associated assessment requirements have been provided. Assessment verbs are displayed in *italics* and expectations for these at each level, along with information on different assessment methods, are available in 'A Guide to Assessing AIM Awards Qualifications' on the AIM Awards website (www.aimawards.org.uk).

This document has been designed to be used as a Record of Learner Achievement Form; Assessors must make it clear to Internal and External Verifiers where achievement of each standard has been evidenced. Once the work has been marked and signed off as meeting the standards by the Assessor, final feedback should be provided to the learner.

Or

2) an externally set, externally marked online Multiple Choice Question (MCQ) exam. The online multiple choice exam must be invigilated by an AIM approved invigilator. Further information on our requirements is detailed in the qualification handbook.

Where a component may be assessed through either portfolio of evidence, or an externally set, externally marked MCQ exam, the centre must choose one of these assessment methods for the assessment of the component.

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1 The learner will **know about lifestyle factors**

The learner must know:		Assessment Requirements		Evidence Location
1.a	What is meant by the word 'lifestyle factor'	Learners must <i>define</i> the phrase 'lifestyle factor' in a workplace context.	The following assessment methods may be used to support the assessment of this standard: <ul style="list-style-type: none"> • Written tasks/questions and answers • Oral questions and answers • Group discussion • Written or pictorial information This list is not exhaustive and other appropriate assessment methods may be used.	
1.b	What lifestyle factors are	Learners must <i>list at least five</i> lifestyle factors.		
1.c	How to improve lifestyle factors	Learners must <i>identify a</i> change that could be made for each of the five lifestyle factors.		

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2 The learner will know about healthy lifestyle

The learner must know:		Assessment Requirements		Evidence Location
2.a	The components of a healthy diet	Learners must <i>outline</i> the components of a healthy diet	The following assessment methods may be used to support the assessment of this standard: <ul style="list-style-type: none"> • Written tasks/questions and answers • Oral questions and answers • Group discussion • Written or pictorial information This list is not exhaustive and other appropriate assessment methods may be used.	
2.b	The components of a healthy lifestyle	Learners must <i>outline</i> the NHS guidelines for having a healthy lifestyle		

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3 The learner will know the consequences of a poor lifestyle

The learner must know:		Assessment Requirements		Evidence Location
3.a	The physical impact of having a poor lifestyle	Learners must <i>outline</i> a minimum of three consequences of having a poor lifestyle on their physical wellbeing.	The following assessment methods may be used to support the assessment of this standard: <ul style="list-style-type: none"> • Written tasks/questions and answers • Oral questions and answers • Group discussion • Written or pictorial information This list is not exhaustive and other appropriate assessment methods may be used.	
3.b	The social impact of having a poor lifestyle	Learners must <i>outline</i> a minimum of three consequences of having a poor lifestyle on their social interactions.		
3.c	The psychological impact of having a poor lifestyle	Learners must <i>outline</i> a minimum of three consequences of having a poor lifestyle on their mental health.		

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4 The learner will be able to recommend a healthy lifestyle

The learner must be able to:	Assessment Requirements	Evidence Location
4.a Recommend a healthy lifestyle which reflects the guidance provided by the NHS	The following assessment methods may be used to support the assessment of this standard: <ul style="list-style-type: none">• Written tasks/questions and answers• Oral questions and answers• Group discussion• Written or pictorial information This list is not exhaustive and other appropriate assessment methods may be used.	

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Final Tutor Feedback (Strengths and Areas for Improvement):

Learner Submission Declaration

I declare that this is an original piece of work and that all of the work is my own unless referenced.

Assessor Declaration

I confirm that this learner's work fully meets all the assessment requirements listed above at the correct level and that any specified evidence requirements have been addressed.

Assessor: _____ **Learner:** _____ **Date:** _____

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Document Version History

<i>Version Number</i>	<i>Date</i>	<i>Description</i>
2	June 2021	MCQ assessment option available for this component (details on page 2)

It is expected that before the component is delivered, the Tutor/Assessor will have read the Qualification Handbook to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled.