



Component level	1
Component guided learning hours (GLH)	27
Ofqual component reference number	T/616/5055
Component sector	14.1 Foundations for Learning and Life

Component summary

The purpose of this component is to introduce learners to the concept of healthy living. They will learn about personal fitness, healthy eating, hygiene, personal grooming and sex education. Learners will take responsibility for their lifestyle and produce a simple action plan for the future.

This component has **five** learning outcomes

1	Know about personal fitness
2	Know about healthy eating
3	Know about personal hygiene and grooming
4	Know about sex education and contraception
5	Be able to take responsibility for own health and lifestyle

Summary of assessment

This component is assessed through an internally set, internally marked, and externally verified portfolio of evidence. Our expectations on assessment and the evidence we require is detailed in the AIM Specification available on our website (www.aimgroup.org.uk).

Centres must devise assessment activities to meet the assessment criteria below if the assessment is by a portfolio of evidence:

Learning outcomes	Assessment criteria
The learner must:	The learner must be able to:
1. Know about personal fitness	1.1 Identify reasons for developing personal fitness 1.2 Select activities that will develop personal fitness e.g. in relation to weight, health and age
2. Know about healthy eating	2.1 Identify the principles of healthy eating 2.2 Design nutritionally balanced meals for self
3. Know about personal hygiene and grooming	3.1 State reasons for the need for personal hygiene 3.2 State reasons for the need for good grooming
4. Know about sex education and contraception	4.1 Identify methods of contraception 4.2 Identify sexually transmitted diseases 4.3 Identify the causes of sexually transmitted diseases



5. Be able to take responsibility for own health and lifestyle

5.1 Identify choices about own health and lifestyle for the future, based on knowledge gained
5.2 Produce an action plan to improve own health and lifestyle

The following assessment methods can be used in the assessment of this component:

- Written tasks/questions and answers
- Oral questions and answers
- Group discussion
- Learner log/reflective journal
- Observation of practical ability
- Expert witness evidence
- Professional discussion
- Report

This list is not exhaustive and other appropriate assessment methods may be used.

<i>Version number</i>	<i>Date</i>	<i>Description</i>
1	Nov 2022	Document created

Notes

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