

NATIONAL CERTIFICATE MODULE: UNIT SPECIFICATION

STATEMENT OF STANDARDS

UNIT NUMBER: 5170005

UNIT TITLE: PERSONAL WELLBEING AND EXERCISE

Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

OUTCOME

1. OUTLINE THE IMPORTANCE TO PERSONAL WELLBEING OF DIET AND EXERCISE

PERFORMANCE CRITERIA

- (a) The explanation of the effects of nutrients is clear.
- (b) The explanation of importance of a balanced diet is clear.
- (c) The benefits of regular physical exercise are correctly identified.

RANGE STATEMENT

Nutrients: carbohydrate; fats; proteins; vitamins; minerals; fibre; water.

Benefits: physiological - muscular, skeletal, cardiovascular systems;
psychological - greater confidence, emotional outlet.

EVIDENCE REQUIREMENTS

Oral or written explanation of the importance of a balanced diet and the benefits of regular physical exercise.

OUTCOME

2. DESCRIBE SOCIAL FACTORS WHICH AFFECT PERSONAL WELLBEING

PERFORMANCE CRITERIA

- (a) The negative effects of substance use on wellbeing is accurately described.
- (b) The effect of stressful situations on personal wellbeing is accurately described.
- (c) The effect of social and economic factors on choice of diet in relation to personal wellbeing is correctly described.

RANGE STATEMENT

Substances: alcohol; drugs; tobacco.

Stressful situations: overwork; overweight; socio/economic factors.

Social factors: alcohol; drugs; tobacco; junk food; food additives.

Economic factors: unemployment; low income.

EVIDENCE REQUIREMENTS

Oral or written evidence of knowledge of the effects on personal wellbeing of factors specified above.

OUTCOME

3. PARTICIPATE IN PHYSICAL ACTIVITY TO PROMOTE PERSONAL WELLBEING

PERFORMANCE CRITERIA

- (a) The intensity of physical activity is accurately determined and monitored.
- (b) The application of basic relaxation techniques is correct and safe.
- (c) The benefits to personal wellbeing of participation in physical activity is reviewed.

RANGE STATEMENT

Physical activity: warm up; continuous activity involving large muscle groups for a prescribed minimum time (20 mins); cool down.

Intensity of exercise: training zones; % maximum heart rate; pulse count.

Basic relaxation techniques: progressive muscular relaxation; visualisation.

Personal wellbeing: physical, social, emotional.

EVIDENCE REQUIREMENTS

Performance evidence of co-operating in physical activity to promote personal wellbeing.

Oral or written review of the effects on personal wellbeing of participation in physical activity.

ASSESSMENT

In order to achieve this unit, candidates are required to present sufficient evidence that they have met all the performance criteria for each outcome within the range specified. Details of these requirements are given for each outcome. The assessment instruments used should follow the general guidance offered by the SQA assessment model and an integrative approach to assessment is encouraged. (See references at the end of support notes).

Accurate records should be made of the assessment instruments used showing how evidence is generated for each outcome and giving marking schemes and/or checklists, etc. Records of candidates' achievements should be kept. These records will be available for external verification.

SPECIAL NEEDS

In certain cases, modified outcomes and range statements can be proposed for certification. See references at end of support notes.

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NATIONAL CERTIFICATE MODULE: UNIT SPECIFICATION**SUPPORT NOTES**

UNIT NUMBER: 5170005

UNIT TITLE: PERSONAL WELLBEING AND EXERCISE

SUPPORT NOTES: This part of the unit specification is offered as guidance. None of the sections of the support notes is mandatory.

NOTIONAL DESIGN LENGTH: SQA allocates a notional design length to a unit on the basis of time estimated for achievement of the stated standards by a candidate whose starting point is as described in the access statement. The notional design length for this unit is 40 hours. The use of notional design length for programme design and timetabling is advisory only.

PURPOSE The area of study should make the links between diet and exercise. Candidates could be encouraged to examine their own dietary intake and relate this to personal activity levels.

SQA publishes summaries of NC units for easy reference, publicity purposes, centre handbooks, etc. The summary statement for this unit is as follows:

This module will enable you to gain a basic knowledge of how proper diet and exercise contributes to a healthy lifestyle.

CONTENT/CONTEXT The candidate successfully completing this unit will require underpinning knowledge of the nutritional needs of the body. This will centre on the key groups of fats, carbohydrates and proteins. It is important however to link this in a balanced way to other components of diet, ie: water, minerals, vitamins and fibre. The relation to personal wellbeing of diet should be linked to the level of activity of an individual.

Learning to extend, if necessary, opportunities for exercise and building them into daily lifestyle are valuable concepts. The need for regular exercise (number of activity sessions per week; duration of each session; intensity of each session) should be explained to the candidate. The mode of activity chosen should be sufficient to allow the candidate to exercise continuously. It is likely therefore that most appropriate activities will be skipping, swimming, jogging, cycling or brisk walking.

APPROACHES TO GENERATING EVIDENCE The achievement of the underpinning knowledge required for this unit would be assisted by the use of slides, videos and practical exposition.

Tutors/trainers should demonstrate practical elements, allowing the candidate to progress safely and eventually participate with little or no guidance. The process should allow the candidate to progress personal wellbeing philosophy into their own daily routine.

RECOGNITION Many SQA NC units are recognised for entry/recruitment purposes. For up-to-date information see the SQA guide 'Recognised and Recommended Groupings'.

REFERENCES

1. Guide to unit writing.
2. For a fuller discussion on assessment issues, please refer to SQA's Guide to Assessment.
3. Procedures for special needs statements are set out in SQA's guide 'Students with Special Needs'.
4. Information for centres on SQA's operating procedures is contained in SQA's Guide to Procedures.
5. For details of other SQA publications, please consult SQA's publications list.

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