



National Unit specification: general information

Unit title: Nutrition, Health and Wellbeing (SCQF level 4)

Unit code: H1MB 10

Superclass: HJ

Publication date: June 2012

Source: Scottish Qualifications Authority

Version: 01

Summary

This Unit is intended to give candidates a brief introduction to the factors affecting health and wellbeing including substance abuse. Candidates will learn how to use exercise to combat the negative effects of factors affecting their health and wellbeing. This is a mandatory Unit within the National Certificate in Sport and Fitness at SCQF level 4. It is also suitable for use as a free-standing Unit.

Outcomes

- 1 Identify the key factors affecting health, nutrition and wellbeing.
- 2 Describe substance abuse and how it can affect health and wellbeing.
- 3 Demonstrate how physical exercise can be used to combat a factor that has a negative impact on health and wellbeing.

Recommended entry

Entry is at the discretion of the centre.

Credit points and level

1 National Unit credit at SCQF level 4: (6 SCQF credit points at SCQF level 4*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

General information (cont)

Unit title: Nutrition, Health and Wellbeing (SCQF level 4)

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes of this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

National Unit specification: statement of standards

Unit title: Nutrition, Health and Wellbeing (SCQF level 4)

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

Outcome 1

Identify the key factors affecting health, nutrition and wellbeing.

Performance Criteria

- (a) Identify the positive and negative influences on general health and wellbeing.
- (b) Identify why these are important.
- (c) Identify the components of a healthy diet.

Outcome 2

Describe substance abuse and how it can affect health and wellbeing.

Performance Criteria

- (a) Identify a substance that affects health and wellbeing.
- (b) Describe the effects of its abuse on the health and wellbeing of the user.

Outcome 3

Demonstrate how physical exercise can be used to combat a factor that has a negative impact on health and wellbeing.

Performance Criteria

- (a) Select one factor which has a negative influence on health and wellbeing and describe its effects.
- (b) Identify a physical activity that will counteract these negative effects.
- (c) Demonstrate a method of physical exercise to counteract the negative effects.

National Unit specification: statement of standards (cont)

Unit title: Nutrition, Health and Wellbeing (SCQF level 4)

Evidence Requirements for this Unit

Evidence is required to demonstrate that candidates have achieved all Outcomes and Performance Criteria.

Product/performance/written/oral evidence is required to be gathered under open-book conditions.

Candidates must identify at least one positive and one negative influence on general health and wellbeing and identify why each is important. For each chosen influence, candidates must be able to identify three key aspects of this. For example, if a candidate chooses smoking as a negative influence they would be expected to identify in simple terms three aspects such as risk of cancer, breathlessness and loss of appetite.

Candidates must identify the seven main components of a healthy diet which are: carbohydrates, proteins, fats, water, fibre, vitamins and minerals, and give one example of each. Candidates must also demonstrate an understanding of the recommended proportions of each component in a healthy diet.

Candidates must identify one substance that affects health and wellbeing and provide a simple description of the effects of its abuse on health and wellbeing. This description must cover physical, emotional and psychological effects of this substance.

Candidates must select one factor which negatively influences health and wellbeing and describe its effects in simple terms. The description should cover the physical, emotional and psychological effects of this factor on the user.

Candidates must demonstrate participation in an appropriate physical activity for a minimum of six hours.

Holistic assessment of all Outcomes is recommended.

National Unit specification: statement of standards (cont)

Unit title: Nutrition, Health and Wellbeing (SCQF level 4)

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

This Unit is intended to give candidates a brief introduction to the factors affecting health and wellbeing including substance abuse. Candidates will learn how to use exercise to combat the negative effects of factors affecting their health and wellbeing. This is a mandatory Unit within the National Certificate in Sport and Fitness at SCQF level 4. It is also suitable for use as a free-standing Unit.

This is an introductory Unit which could lead to further study at a higher level in the sport and fitness or health and nutrition subject areas. Candidates will be introduced to the basic components of a healthy diet and asked to review their own diet choices with a view to making more healthy choices in future. They will examine a number of factors which have adverse effects on health, such as smoking, drug abuse and obesity, and examine what effect these have on the health and wellbeing of others. They will consider one of these factors in detail and develop a strategy to deal with the adverse effects which will be based on an exercise programme. They will then carry out the exercise technique over a sustained period of time to assess the impact it has had on their own health and wellbeing.

Candidates will develop an awareness of current public health issues including obesity and substance misuse and the negative impact of these. They will consider the effect of individual choice on health and be encouraged to consider their own lifestyle choices. In addition they will develop an understanding of how to help others who make poor lifestyle choices, which may develop the capacity of citizenship. Candidates will also develop skills in self-analysis, accepting responsibility and making decisions. They will be encouraged to think independently and manage their workload within given timescales, which should enhance their employability.

This Unit broadly aligns to the following National Occupational Standards (NOS) in Promoting Physical Activity from SkillsActive:

- B18 Promote physical activity and its benefits to people who are not currently active
- D213 Enable people to adopt and maintain a more physically active lifestyle
- B17 Work in partnership with other organisations and professionals to promote physical activity and its benefits
- D450 Develop own practice in promoting physical activity

National Unit specification: statement of standards (cont)

Unit title: Nutrition, Health and Wellbeing (SCQF level 4)

Guidance on learning and teaching approaches for this Unit

This Unit is intended to be delivered using as many practical activities as possible to engage the learner. Tutors will need to provide the underpinning knowledge through a mixture of lectures and directed self-study on the topics of nutrition. Candidates should be encouraged to research this using ICT and other available resources. Materials could be made available within a Virtual Learning Environment (VLE).

Candidates should be encouraged to put the theory they have learned into practice. Suggested activities would be for candidates to keep a food diary and analyse their food choices over a period of two to three weeks. Alternatively they could be asked to create a diagram using paper plates where they would indicate the correct proportions of each food group then create a series of healthy meals based on this. Alternatively they could investigate the food available locally eg from a canteen or restaurant. This could be evaluated in terms of whether it meets the recommended guidelines, suggesting what improvements could be made, if appropriate.

Candidates should learn about a wide variety of negative factors which impact on health, particularly those related to substance misuse but also including drug use, alcohol abuse, smoking, high fat diet and a stressful lifestyle. This could be delivered using directed self-study, project work and group work and analyses of case studies. Materials could be developed which allow candidates to match negative factors to the impact they have. For example, a drag and drop exercise onscreen or a worksheet would be recommended.

Candidates should choose one of these factors and study it in-depth. The factor may relate to their lifestyle or the lifestyle of others. Through directed self-study candidates should be encouraged to compile information on the factor and how it adversely affects health and wellbeing, and then be encouraged to present this as a small folio of work or project, or as a presentation.

Candidates should learn about the benefits of various forms of exercise and be shown how to carry these out safely. They should learn about the beneficial links between exercise and good health and how it can be used to combat the negative factors which impact on health.

Candidates should select a suitable exercise to combat the negative factor they have chosen to study in depth and demonstrate how this activity should be carried out correctly and safely. They could also measure the impact of the exercise on their own health and wellbeing by participating in the activity over a sustained period. Candidates must demonstrate participation in an appropriate physical activity for a minimum of six hours and this could, for example, be spread over a six week period. Alternatively they could measure the impact on each other. This could be recorded using a log book or weblog, training record or video/photographic evidence.

National Unit specification: statement of standards (cont)

Unit title: Nutrition, Health and Wellbeing (SCQF level 4)

Guidance on approaches to assessment for this Unit

The nature of this Unit facilitates holistic assessment.

Outcome 1, Performance Criteria

- (a)** Candidates could demonstrate knowledge in the form of a logbook, worksheets or an e-assessment tool which states positive and negative influences on general health and wellbeing.
- (b)** Candidates could work in a group or on their own, to produce a display identifying the key information as to why these factors affect health and wellbeing and how this is linked to a healthy diet. Displays could take the form of video, poster, presentation or scrap-book.
- (c)** Candidates will identify the components of a healthy diet. Assessments could be undertaken in the form a food diary containing photos, information (nutritional values, etc) and tutor reports, multiple-choice quizzes or incorporated in a poster presentation.

Outcome 2, Performance Criteria (a) (b)

Open-book assessment conditions of a recommended maximum of 30 minutes. Assessment instruments could take the form of multiple choice, word/picture matching, recorded discussion or e-assessment.

Outcome 3, Performance Criteria

- (a)** Candidates could create a portfolio or (e-portfolio) using case studies scenarios, project work, and presentation of findings, logbooks of the results they or their group found.
- (b)** The portfolio could be made up of evidence which shows careful planning of group or individual work, including written, oral or video records of group discussions. Examples of tutor, candidate or group research of activities that counteract the negative effects can be included in the folio.
- (c)** Candidates will show a method of physical exercise to counteract negative effects. This can be recorded by a variety of ways eg tutor check sheet, workbook or logbook, video or video log, observation checklist or training programme, photographs.

National Unit specification: statement of standards (cont)

Unit title: Nutrition, Health and Wellbeing (SCQF level 4)

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

Opportunities for developing Core Skills

In this candidate Unit candidates will be given a brief introduction to the factors affecting health and wellbeing including substance abuse. Candidates will learn how to use exercise to combat the negative effects of factors affecting their health and wellbeing.

Candidates will:

- ◆ Use ICT to research and present findings
- ◆ Record information using graphs and diagrams
- ◆ Work in groups to carry out activities
- ◆ Identify components of balanced diets and justify their selections
- ◆ Communicate with tutors and peers

As they are doing this Unit candidates will be developing aspects of the Core Skills in *Numeracy, ICT, Problem Solving, Working with Others and Communication*.

Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

History of changes to Unit

Version	Description of change	Date

© Scottish Qualifications Authority 2012

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this Unit specification can be purchased from the Scottish Qualifications Authority. Please contact the Business Development and Customer Support team, telephone 0303 333 0330.