

## Unit 11: Physical Activity, Lifestyle and Wellbeing

**Unit code:** L/601/1869

**QCF level:** 4

**Credit value:** 15

### ● Aim

The aim of this unit is to give learners the skills, knowledge and understanding to assist individuals with positive lifestyle changes in order to improve personal health.

### ● Unit abstract

Lifestyle plays a very important role in the health and wellbeing of an individual. Individuals who lead a healthy lifestyle are likely to live longer and cope better with the daily demands of life. A poor lifestyle can also increase the risk of a number of diseases including coronary heart disease, cancer and obesity.

An understanding of the effects lifestyle can have upon health and how to improve the lifestyle of an individual is important to those working in the Hair and Beauty sector. This unit is particularly relevant for individuals wanting to work in health promotion and beauty/spa therapy.

The unit covers exercise, diet, stress, smoking and alcohol consumption and the ways that these factors can affect the quality of life of an individual. In this unit, learners will examine the relationship between lifestyle and health and look at current recommended dietary guidelines as well as methods of weight management. Learners will also explore strategies to manage stress, reduce alcohol consumption and stop smoking, analysing their success and effect on the 'health of the nation'. This unit provides opportunities for learners to plan, cost and manage a lifestyle improvement programme for a selected individual.

This unit is imported from the Higher Nationals in Sport.

### ● Learning outcomes

**On successful completion of this unit a learner will:**

- 1 Understand the role of physical activity in maintaining health and wellbeing
- 2 Understand dietary guidelines and the maintenance of desirable body weight
- 3 Understand the relationship between health and wellbeing and stress, smoking and alcohol consumption
- 4 Be able to plan lifestyle improvement programmes for selected individuals.

## Unit content

---

### 1 Understand the role of physical activity in maintaining health and wellbeing

*Benefits:* prevention and management of disease eg coronary heart disease, hypertension, obesity, arthritis, osteoporosis; weight management and quality of life; psychological and social benefits eg reducing anxiety and stress; effect on self-esteem, social effects, reducing depression

*Assess levels of activity:* using recommendations and guidelines eg Health Development Agency guidelines, American College of Sports Medicine (ACSM) guidelines

### 2 Understand dietary guidelines and the maintenance of desirable body weight

*Diet:* nutrients (fat, carbohydrate, protein, vitamins, minerals, water); dietary guidelines eg World Health Organisation, Health Development Agency, British Dietetics Association, percentage nutrient intake, Recommended Daily Allowance – RDA); food groups

*Analysis of diet:* analysis (using relevant theories and recognised guidelines); signs and symptoms of poor nutrition eg weight loss, anorexia, bulimia, obesity, inability to perform simple activities, anaemia, type II diabetes, high cholesterol, fatigue

*Strategies:* to change/improve diet

*Energy balance:* energy balance eg basic metabolic rate, metabolic rate, energy requirements of different activities, calorific value of foods, thermic effect of food

*Weight management:* methods eg diet, exercise, diet and exercise combined, behaviour therapy

### 3 Understand the relationship between health and wellbeing and stress, smoking and alcohol consumption

*Analysis:* analysis (using relevant theories and current data)

*Excessive stress:* causes eg emotional, environmental, work, life; personality; the need for stress; stress management techniques; stress hormones (fight or flight); analysis of effects of stress on health using data and relevant theories

*Smoking:* health risks eg lung cancer, bronchitis, emphysema, coronary heart disease; techniques and aids used to stop smoking; analysis of effects of smoking on health using data and relevant theories

*Excessive alcohol consumption:* health risks eg hypertension, liver damage, psychological and emotional problems; techniques and aids to reduce alcohol consumption; analysis of alcohol consumption on health using data and relevant theories

*Methods and government strategies:* designed to manage stress; designed to reduce alcohol consumption; designed to stop smoking; evaluation eg success, failure, effect on the health of the nation

**4 Be able to plan lifestyle improvement programmes for selected individuals**

*Lifestyle improvement programmes:* programmes eg physical activity, dietary guidelines, stress, smoking, alcohol consumption, motivational strategies for maintaining participation, aims, objectives, monitoring, evaluation; lifestyle assessment eg questionnaires, consultation, communication skills, confidentiality; behaviour change eg stages of change model, barriers to change, motivational interviewing

*Plan programme:* lifestyle assessment; appropriate for selected individual; resources eg facilities, time, specialist equipment

*Implement programme:* implementation in line with plan; following guidelines

*Review programme:* review eg outcomes against plan, strengths, areas for improvement

## Learning outcomes and assessment criteria

<b>Learning outcomes</b>  <b>On successful completion of this unit a learner will:</b>	<b>Assessment criteria for pass</b>  <b>The learner can:</b>
LO1 Understand the role of physical activity in maintaining health and wellbeing	1.1 assess the relationship between physical activity and the prevention and management of disease 1.2 discuss the relationship between physical activity, weight management and quality of life 1.3 analyse the psychological and social benefits of exercise 1.4 assess the level of activity of selected individuals in line with recommendations and guidelines for physical activity
LO2 Understand dietary guidelines and the maintenance of desirable body weight	2.1 analyse the diets of selected individuals 2.2 suggest strategies to manage improvements or change to the diets of selected individuals 2.3 discuss the concept of energy balance and evaluate methods of weight management
LO3 Understand the relationship between health and wellbeing and stress, smoking and alcohol consumption	3.1 analyse the relationship between excessive stress levels, excessive alcohol consumption, smoking and health at local and national level 3.2 evaluate methods and government strategies to manage stress, reduce alcohol consumption and stop smoking
LO4 Be able to plan lifestyle improvement programmes for selected individuals	4.1 plan a lifestyle improvement programme for a selected individual 4.2 implement a lifestyle improvement programme for a selected individual 4.3 review a lifestyle improvement plan and recommend improvements

## Guidance

---

### Links

This unit has particular links with:

- Unit 12: Human Health and Nutrition
- Unit 18: Sport and Exercise Massage
- Unit 19: Sport and Exercise Rehabilitation
- Unit 20: Physiology of Aging.

This unit is designed to be vocationally relevant and also has links to the level 3 National Occupational Standards (NOS) for:

- *Coaching, Teaching and Instructing*
- *Instructing Physical Activity and Exercise.*

### Essential requirements

The Health Development Agency produces a range of videos, books, booklets and questionnaires which would assist delivery. These are available from local health promotion agencies and NHS walk-in centres. The following websites: Department of Health ([www.doh.gov.uk](http://www.doh.gov.uk)), The World Health Organisation ([www.who.int](http://www.who.int)), the British Nutrition Foundation ([www.nutrition.org.uk](http://www.nutrition.org.uk)) and Food Standards Agency ([www.eatwell.gov.uk](http://www.eatwell.gov.uk)) provide very useful information.

For learning outcome 4, the lifestyle improvement programme must be long enough to cover the required content and see improvements and learners may choose themselves as the selected individual.

### Employer engagement and vocational contexts

Centres are encouraged to develop links with health and fitness centres and Primary Care Trusts. This could be via talks, demonstrations, workshops or visits.