

SAMPLE ASSESSMENT MATERIAL

UNIT 1 - ACTIVE AND HEALTHY LIFESTYLE CHOICES



Unit 1 Active and Healthy Lifestyle Choices

Level 2

Sample assessment material – information for teachers

This assessment is provided as an example. Consortia may use this example and adapt it to meet local requirements or produce their own assessments. In all cases, the assessment section in the unit must be referred to. The assessment guidance section in the unit also provides examples of different contexts and scenarios that Consortia may wish to consider.

Overview

The brief for this assessment will involve the learners working in small groups and independently to promote active and healthy lifestyle choices.

They will do this by producing advisory material to educate the local community on the positive and negative aspects of lifestyle choices and the impact lifestyle choices can have on health and well-being.

For the final part of the assessment the learners will work independently to plan how they can help an individual to assess their current lifestyle choices and suggest ways to improve for the better.

Time

The assessment will take approximately 8 of the 30 guided learning hours available for this unit. Approximately, the following amount of time should be spent on each task:

Task 1 – 4 hours

Task 2 – 4 hours

Resources

Learners should be supplied with a case study of an individual on which to base their ideas and training plan.

Supervision

Learners will need to be supervised when producing advisory material and writing their plan.

Collaboration

Learners are required to work individually on this assessment.

Marking / Assessment grid

Learning outcomes	Band 1	Band 2	Band 3
	The learner has:		
	0 to 3 marks	4 to 6 marks	7 to 9 marks
1 Understand the benefits of positive lifestyle choices	Described in basic terms benefits of making positive lifestyle choices to an individual covering only some aspects with limited relevance.	Described a range of benefits of making positive lifestyle choices to an individual with some relevance.	Described a wide range of benefits of making positive lifestyle choices to an individual with relevance.
	Explained briefly and in basic terms positive benefits of risk taking covering some aspects with relevance.	Explained a range of positive benefits of risk taking with some relevance.	Explained in detail a wide range of positive benefits of risk taking with relevance.
	0 to 3 marks	4 to 6 marks	7 to 9 marks
2 Understand how taking-part in sport and active leisure impacts on lifestyle choices	Given a basic assessment of implications of taking positive lifestyle choices to the extreme covering some aspects with limited accuracy.	Assessed a range of implications of taking positive lifestyle choices to the extreme with some accuracy.	Assessed a wide range of implications of taking positive lifestyle choices to the extreme with accuracy.
	Explained briefly and in basic terms of how taking part in sport and active leisure can impact on lifestyle choices and self-esteem with limited accuracy.	Explained a range of how taking part in sport and active leisure can impact on lifestyle choices and self-esteem with some accuracy.	Explained in detail a wide range of how taking part in sport and active leisure can impact on lifestyle choices and self esteem with accuracy.
	0 to 4 marks	5 to 8 marks	9 to 12 marks
3 Understand the importance of behaviours and choices on lifestyle	Given a basic analysis of the impact of behaviours and choices on lifestyle covering only some aspects with limited relevance.	Analysed a range of impact of behaviours and choices on lifestyle with some relevance.	Analysed in detail a wide range of impact of behaviours and choices on lifestyle with relevance.
	0 to 10 marks	11 to 20 marks	21 to 30 marks
4 Be able to devise plans to improve lifestyle and well-being	Evaluated briefly and in basic terms the impact of different lifestyle choices on an individual using reasoned arguments and evidence with limited relevance.	Evaluated the impact of a range of different lifestyle choices on an individual using reasoned arguments and evidence with some relevance.	Evaluated the impact of a wide range of different lifestyle choices on an individual using reasoned arguments and evidence with relevance.
	Generated some basic ideas to improve lifestyle and well-being.	Generated a range of ideas to improve lifestyle and well-being.	Generated a wide range of ideas to improve lifestyle and well-being.
	Proposed some practical ways to improve lifestyle and well-being with limited relevance.	Proposed a range of practical ways to improve lifestyle and well-being with some relevance.	Proposed a wide range of practical ways to improve lifestyle and well-being with relevance.

Sample assessment material – information for learners

Assessment overview

In this assessment you have been asked by the local council to be involved in producing some leaflets for the local health centres to educate the local community about leading a healthy lifestyle.

You will be required to:

- Produce a leaflet to highlight the benefits of lifestyle choices
- Develop a training plan for an individual to help them change their current lifestyle.

Time

You will have a total of 8 hours to complete this assessment. As a guide you should spend approximately the following amount of time on each task:

Task 1 – 4 hours

Task 2 – 4 hours

Collaboration

You will be required to work individually on both tasks in this assessment.

Roles

Your peers will play the roles of the local community when the local authority champion comes in to run a session on the aspects of leading a healthy lifestyle.

Assessment Brief

You are on work experience for your local council supporting a national government campaign to promote active and healthy lifestyle choices within your local community. Around $\frac{2}{3}$ of England's population are classed as overweight or obese, with almost $\frac{2}{3}$ of men and over half of women classed as being overweight or obese. According to the House of Commons Health Committee if this continues by 2020 around $\frac{1}{3}$ of all adults will be obese.

With England being the worst ranked country in western Europe in terms of obesity rates this is an indication of poor lifestyle choices being made by the population at large. Only the United States, Mexico and New Zealand have fatter populations than England.

Dr Tammy Boyce, from the King's Fund think tank, warned that tackling the scale of England's obesity problem was a "long-term challenge". Research from the University of Cambridge states that; Taking exercise, not drinking too much alcohol, eating enough fruit and vegetables and not smoking can add up to 14 years to your life.

Some statistics for you to consider:

- The average adult watches over 26 hours of television a week
- More children now play computer games than ever before and watch television during their free time
- There are now more fast food restaurants in England than there have been in the past
- With the introduction of technology there are less manual chores for people to carry out around the home
- Transport improvements and the use of cars means that less people walk to get to their destination
- Recent studies from the British Heart Foundation show that coronary heart disease is on the rise

With this in mind it is your role to suggest lifestyle choices and how they can impact on health.

Task 1

Produce a leaflet to describe and explain the benefits of positive lifestyle choices (Learning Outcomes 1a/b, 2a/b, 3a)

Produce a leaflet to describe the physical and mental benefits of lifestyle choices. (LO1/ACa)

Your leaflet must also explain how taking risks when leading a healthy lifestyle can lead to benefits. (LO1/ACb)

Your leaflet also needs to include the following:

- Over exercise and exercise addiction
- Diet
- Implications of taking positive lifestyle choices to the extreme (LO2/ACa)
- Information to look at why taking part in sport and active leisure can affect body image, an individuals desire to achieve or succeed, their well being and their self esteem. (LO2/ACb)
- Information on how behaviour and the choices made about lifestyle can have both a positive and negative impact. include the following: Nutrition, Lifestyle, Personal, factors, Exercise preferences (LO3/ACa)

Task 2

Devise a plan to improve lifestyle and well being. (Learning Outcomes 4a/b/c)

You are to use the case study included for the individual below and produce a report to help her make changes in her current lifestyle to improve her well-being.

Your report must look at the current lifestyle choices of the individual and evaluate how these choices are impacting upon the individual using evidence and reasoned arguments. (LO4/ACa)

From this you can then propose ideas and practical ways for the individual to improve their lifestyle and well-being. (LO4/ACb&c)

Charlotte Bates

Charlotte is 40 years old; she is 165 cm tall and weighs 91 kgs. She is a moderate smoker 12 per day and drinks 30 units per week. Charlotte is a Marketing Executive for a public listed company. She has not been involved in a regular exercise program for 17 years.

BMI
33

Sunday

Breakfast: 2 coffees – milk (whole) and 1 sugar

Mid morning: Blueberry doughnut
1 tea with milk (whole) and sugar

Lunch: Roast Beef (3 slices), roast potatoes, carrots, peas, mashed potatoes, Brussels, gravy, horseradish sauce
Jam roly poly and custard

Dinner: 2 sandwiches roast beef (white bread) with butter
1 Cadbury Dairy Milk chocolate (200grms)

Drinks: 4 glasses of red wine
2 glasses of water

Activities:

Sleep	-	10 hours
Resting, TV, reading newspaper	-	7 hours
Housework (vacuuming, dusting, preparing lunch)	-	4 hours
Gardening	-	2 hours
Brisk walk	-	1 hour

Monday

Breakfast: 2 coffees, milk (whole) and 1 sugar

Mid morning: 4 chocolate digestive biscuits
1 coffee, milk (whole) and 1 sugar

Lunch: BLT Sandwich
1 packet Salt & Vinegar crisps
1 can of coke
1 Mars Bar

Dinner: Shepherds Pie, Broccoli, and Beans (veggies had butter and olive oil on them)
1 bowl of Rice pudding
1 glass of wine

Drinks: 1 cup of Horlicks made with whole milk

Activities

Sleep	-	9 hours
Work (sat at desk)	-	12 hours
Brisk walk	-	1 hour
Resting (watching TV)	-	2 hours

Tuesday

Dinner: Take away
1 Lamb curry
1 Mushroom bhaji
1 Rice (White)
1 bowl of vanilla ice-cream

Snacks: 4 digestive biscuits
2 slices of cheese on toast

Drinks: 5 cups of coffee (with milk (whole) and 1 sugar each)
1 bottle of red wine shared
2 bottles of lager

Activities

Sleep	-	6 hours
Work	-	14 hours
Resting	-	4 hours