

# 33 I

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**Maintain personal health and wellbeing**  
This unit is about personal health and wellbeing, and understanding how different life choices affect this. In this unit, you will learn how to compare your dietary intake against the recommended guidelines, and look at what is really meant by a balanced diet. You'll learn all about the effects of nutrients on the body, and how to interpret the nutritional information on food labels. You will also learn to evaluate posture and calculate body mass index. Exercise is also very important to staying healthy, so you will look at the different forms of exercise and their benefits to health and fitness.

# Assignment mark sheet

## Unit 331 Maintain personal health and wellbeing

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to achieve a grade.

For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.

### What you must know

Task 1a: produce an information sheet

Task 1b: produce a report

Task 1c: produce an information sheet

Task 1d: develop a personal lifestyle and fitness plan

**Or** tick if covered by an online test

### Tick when complete


### Overall grade

Candidate name:

Candidate signature:

Date:

Assessor signature:

Date:

Quality assurance co-ordinator signature  
(where applicable):

Date:

External Verifier signature  
(where applicable):

Date:



## What does it mean?

Some useful words are explained below

### Adipose tissue

The layer of fat cells which lies beneath the dermis; otherwise known as the subcutaneous layer.



### Aerobic exercise

Exercise that increases the body's need for oxygen in order to improve respiratory and circulatory function. It burns fat, and increases the heart rate.

### Basal metabolic rate

A measure of calories burned while at rest.

### Body analysis

A careful assessment of the body to determine, amongst other things, its shape, type and condition, posture and height to weight ratio, taking into account contributory factors.



### Body image

How a person views his or her own body. This may be accurate, but may also be a flawed perception.

### Cholesterol

A type of fat that is manufactured in the liver or intestines, but is also found in some of the foods we eat of animal origin.

### Ectomorph

A long, slender body type. This frame finds it hard to put on weight or muscle.

### Endomorph

With this body type, the limbs tend to be short, and the hips wider than the shoulders. Weight gain may be a problem.

### Fibre

A component of food, it is the part of the plant that cannot be digested, and is a complex carbohydrate. It is necessary for a healthy digestive tract.

### Fitness

The state or condition of being physically sound and healthy, especially as a result of exercise and good nutrition.

### Isometric

The length of the muscle does not change but there is a change in tone.

### Isotonic

The muscle changes in length throughout the movement but the tone remains the same.

### Kyphosis

A postural condition where the upper thoracic area of the spine curves forward, rounding the shoulders and causing the head to 'poke' forward.

### Lifestyle patterns

Habits such as smoking, alcohol intake, sleeping, relaxation, exercise patterns, and diet and fluid intake.

### Lordosis

A postural condition where the lower lumbar region of the spine curves in, causing a 'hollow' back and the buttocks and abdomen to protrude.

### Mesomorph

People with this body type have narrow hips compared to their shoulders, and muscle tone is usually well developed.



### Posture

The characteristic way in which a person holds their body.

### Scoliosis

A sideways curvature to the spine, which can result in uneven hip and shoulder height.

### Vitamins

Fat or water-soluble organic substances, essential for normal growth and activity of the body. They are obtained naturally from plant and animal foods.

## What you must know

### You must be able to:

- 1 State sources of information available on personal health and wellbeing
- 2 Describe the components that contribute to a balanced diet
- 3 Describe how nutrients are absorbed within the human body
- 4 Describe the effects of nutrients on the human body
- 5 Describe the influencing factors that affect food intake and choice
- 6 State the principles of healthy eating choices
- 7 Describe how to interpret retail food labelling
- 8 Describe the considerations that need to be identified when looking at body image
- 9 Describe how lifestyle choices affect personal health and wellbeing
- 10 Explain the principles of figure analysis
- 11 Describe how to identify and analyse good posture
- 12 Describe the effects of poor posture on the body
- 13 Explain the principles of safe exercise on the human body
- 14 Describe the benefits that regular activities have on fitness
- 15 Describe how to measure and improve personal fitness
- 16 Outline safe and hygienic working practices

#### Revision tip

Body Mass Index (BMI) is a ratio of weight-to-height, used to estimate if a person is underweight or overweight. This method does not take into account a person's frame, or lean muscle compared to fat.

#### Revision tip

Fat around the organs of the body is far more dangerous to health than weight carried on for example the hips and thighs.



# Well

Do not be tempted to rely on your memory when monitoring your own dietary intake. Keep a diary, and make sure that every crumb gets written down!



Eating a wide range of colourful fruit and vegetables increases vitamin intake.



Image courtesy of iStockphoto.com/Neustockimages



A steady intake of water throughout the day is necessary.

NHS guidelines are a good source of health and wellbeing information. However, you must always have the most up-to-date facts, and check several sources to ensure accuracy.

# Wellbeing

Image courtesy of iStockphoto.com/digitalskillet



Sleep is a time when the body is free to undertake essential maintenance and repair.

## Comment form

# Unit 331 Maintain personal health and wellbeing

This form can be used to record comments by you, your client, or your assessor.

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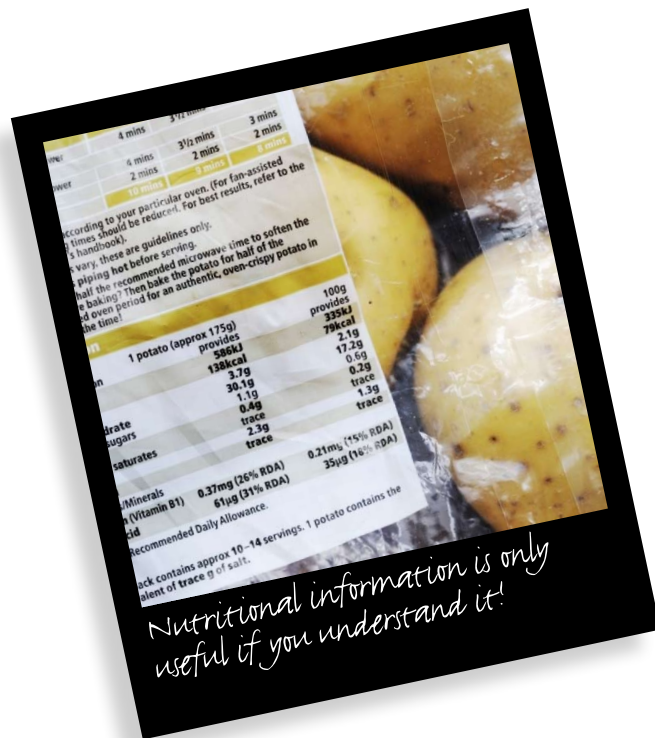


Image courtesy of iStockphoto.com/onebluelight