

Introduction to a healthy lifestyle

Assessment marking guide

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Assessment requirements

Candidates must successfully complete all parts of an assessment to a satisfactory and appropriate standard in order to gain a pass for that assessment. The assessments have been designed to assess the ability of candidates to cover a range of issues associated with a given unit. Consequently, it is not appropriate for parts of any assessment to be omitted, submitted incomplete or of an unsatisfactory standard.

All assessments must be completed and assessed within the candidate's period of registration. It is up to centres to decide how long they give candidates to complete their assessments, and this may vary from one unit to another.

Tutors/ assessors are reminded of their responsibility to provide written feedback to candidates regarding their assessments and of the fact that candidates should not be encouraged to submit work for final assessment until it is complete and to the appropriate standard for the task.

Bearing in mind the above responsibility which lies with centres, candidates will normally have two opportunities to submit each individual assessment. Candidates who fail any task should not resubmit work within one week of receiving their result. Centres must provide precise written feedback and where necessary, further learning opportunities to maximise the candidate's potential to succeed on their second attempt.

Candidates may choose to word process their answers. Assessors may guide candidates in the length of their responses. They should use the marking guidance as a rough indication of what should be covered, and use the space provided in the task box (where applicable) as a guide as to how much should be written.

Grading and marking

Assessments are marked by the centre and graded Pass/Fail only. The highest grade for any of the assessments in this qualification is a **pass**.

If a candidate does not display the required knowledge/competence to achieve a pass for a task, their second opportunity to meet the criteria should be by way of oral questioning. This questioning should take place between the assessor and candidate, and must be evidenced using the correct City & Guilds recording form, available here:

http://www.cityandguilds.com/~media/Documents/ProvideTraining/Centre%20Document%20Library/Quality-Assurance-documents/Recording_Forms_for_centres_and_candidates.ashx

What the results mean

Pass: is achieved when all assessment tasks have been passed.

Fail: when, after the second attempt, there are still a significant number of tasks that have not been completed to the required standard.

Resubmission: normally candidates may resubmit their assessment work once, if tasks were failed on the first submission. However, should centres think that a further assessment opportunity would result in a positive outcome for the candidate, the centre should seek the approval of their Qualification Consultant.

Task A:	Staff guide
What helps contribute to a healthy lifestyle.	
Candidate must provide an outline of a range of factors. Examples include: <ul style="list-style-type: none">• having a balanced diet, not too much fat or sugar• fruit and vegetables – five a day minimum recommended• getting plenty of exercise – 30 minutes five times weekly recommended• moderating alcohol intake 14-21 units per week maximum• not smoking• maintaining a work-life balance• having a supportive social network. Any other acceptable answer.	
The benefits of living a healthy lifestyle.	
Candidates must provide an outline of key benefits. Examples include: <ul style="list-style-type: none">• healthy heart and cardiovascular system• weight management• maintain/ develop physical fitness• stress management• prevent development of diet-related conditions such as diabetes, obesity, some forms of cancer, osteoporosis, fatty liver• prevent development of lifestyle-related conditions such as high blood pressure, chronic lung disease, arthritis. Any other acceptable answer.	
A description of the choices and activities which can hinder a healthy lifestyle.	
Candidates must provide a description of a range of choices and activities. Examples include: <ul style="list-style-type: none">• smoking• alcohol misuse• substance misuse• lack of exercise• poor work-life balance• unbalanced diet. Any other acceptable answer.	

How these choices and activities can have a negative effect on a person's well-being.

Candidates must provide an outline of the negative effects.

Examples include:

- inactivity and lack of exercise leads to obesity, loss of function
- poor diet can lead to obesity, diabetes, heart disease, joint problems
- alcohol misuse can lead to liver disease, risk-taking behaviour, criminal activity, accidents, aggression etc
- substance misuse can lead to risk-taking behaviour, criminal activity, affect working life etc
- smoking can lead to cancers, chronic lung disease, heart disease.

Any other acceptable answer.

Task B: Leaflet

A list of the activities in the local area that support a healthy lifestyle.

Examples include:

- weight management groups
- swimming
- sports activities
- cycle or work to work schemes
- gym
- fitness and dancing classes
- rambling groups.

Any other acceptable answer.

Select three of these activities and for each one, identify the benefits to a person's well-being in participating in these activities.

General benefits may include:

- maintain/improve physical fitness and health
- improve joint movement
- strengthen muscles
- feel-good factor (release of serotonin)
- weight management
- social contacts
- feeling of achievement.

Any other acceptable answer.

NB: Assessors/tutors should ensure that the benefits provided by the candidate are relevant to the activities they have selected.

Task C: Personal action plan
<p>What is healthy about my lifestyle?</p> <p>Examples may include:</p> <ul style="list-style-type: none">• staying fit/ active• eating well• avoiding stress• not drinking to excess• not smoking. <p>Any other acceptable answers relevant to the candidate.</p>
<p>What is unhealthy about my lifestyle?</p> <p>Examples may include:</p> <ul style="list-style-type: none">• activity level• having a poor diet• stress• high alcohol intake• risk-taking behaviour• smoking• substance misuse. <p>Any other acceptable answer relevant to the candidate.</p>
<p>What are the changes I need to make?</p> <p>Candidates should identify three small changes they could make. These should be relevant to the negative aspects they have identified and be realistic and achievable.</p> <p>Examples may include:</p> <ul style="list-style-type: none">• make changes to diet eg cut out crisps• walk to work or college• go swimming once a week• stop or limit drinking fizzy drinks• alternate each alcoholic drink with a soft drink on nights out/social occasions. <p>Any other acceptable answer relevant to the candidate.</p>

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