



## Qualification Specification for:

**OCN NI Entry Level Award in Healthy Living (Entry 3)**

➤ **Qualification No: 601/3276/0**

**OCN NI Level 1 Award in Healthy Living**

➤ **Qualification No: 601/3277/2**

**OCN NI Level 2 Award in Healthy Living**

➤ **Qualification No: 601/3278/4**

## Qualification Regulation Information

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### **OCN NI Entry Level Award in Healthy Living (Entry 3)**

Qualification Number: **601/3276/0**

Operational start date: 01 June 2014  
Operational end date: 31 December 2027  
Certification end date: 31 December 2028

### **OCN NI Level 1 Award in Healthy Living**

Qualification Number: **601/3277/2**

Operational start date: 01 June 2014  
Operational end date: 31 December 2027  
Certification end date: 31 December 2028

### **OCN NI Level 2 Award in Healthy Living**

Qualification Number: **601/3278/4**

Operational start date: 01 June 2014  
Operational end date: 31 December 2027  
Certification end date: 31 December 2029

Qualification operational start and end dates indicate the lifecycle of a regulated qualification. The operational end date is the last date by which learners can be registered on a qualification and the certificate end date is the last date by which the learners can claim their certificate.

All OCN NI regulated qualifications are published to the Register of Regulated Qualifications (<http://register.ofqual.gov.uk/>). This site shows the qualifications and awarding organisations regulated by CCEA Regulation and Ofqual.

### **OCN NI Contact Details**

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## Foreword

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This document explains OCN NI's requirements for the delivery and assessment of the following regulated qualifications:

- **OCN NI Entry Level Award in Healthy Living (Entry 3)**
- **OCN NI Level 1 Award in Healthy Living**
- **OCN NI Level 2 Award in Healthy Living**

This specification sets out:

- Qualification features
- Centre requirements for delivering and assessing the qualification
- The structure and content of the qualification
- Unit details
- Assessment requirements for the qualification
- OCN NI's quality assurance arrangements for the qualification
- Administration

OCN NI will notify centres in writing of any major changes to this specification. We will also publish changes on our website at [www.ocnni.org.uk](http://www.ocnni.org.uk)

This specification is provided online, so the version available on our website is the most up to date publication. It is important to note that copies of the specification that have been downloaded and printed may be different from this authoritative online version.

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## About Regulation

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### **OCN NI**

Open College Network Northern Ireland (OCN NI) is a regulated Awarding Organisation based in Northern Ireland. OCN NI is regulated by CCEA Regulation to develop and award professional and technical (vocational) qualifications from Entry Level up to and including Level 5 across all sector areas. In addition, OCN NI is regulated by Ofqual to award similar qualification types in England.

### **The Regulated Qualifications Framework: an overview**

The Regulated Qualifications Framework (RQF) was introduced on 1<sup>st</sup> October 2015: the RQF provides a single framework for all regulated qualifications.

#### **Qualification Level**

The level indicates the difficulty and complexity of the knowledge and skills associated with any qualification. There are eight levels (Levels 1-8) supported by three 'entry' levels (Entry 1-3).

#### **Qualification Size**

Size refers to the estimated total amount of time it could typically take to study and be assessed for a qualification. Size is expressed in terms of Total Qualification Time (TQT), and the part of that time typically spent being taught or supervised, rather than studying alone, is known as Guided Learning Hours (GLH).

## Qualification Features

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### Sector Subject Area

14.1 Foundations for learning and life

### Qualifications' Aim and Objective

The OCN NI qualifications in Healthy Living are designed to allow learners to develop skills and knowledge in health/hygiene, home and personal safety awareness, issues around body image and understanding the impact of eating disorders.

### Grading

Grading for these qualifications is pass/fail.

### Qualification Target Group

The qualifications provide learners with an opportunity to know how to develop a healthy lifestyle. They allow learners to gain an accredited qualification in the area of healthy living. They also provide an induction to OCN NI's suite of vocational skills qualifications.

### Progression Opportunities

The OCN NI qualifications in Healthy Living enable progression into further learning in this area or into employment. The qualification will benefit those interested in a career involving supporting a healthy lifestyle.

### Entry Requirements

There are no formal restrictions on entry for these qualifications however learners should be at least 14 years old on completion of the qualification and receive appropriate advice and guidance on the suitability of the qualification. –If you wish to deliver any units to learners under the age of 14, please seek guidance from OCN NI.

### Qualification Support

A Qualification Support pack is available for OCN NI centres within the login area of the OCN NI website (<https://www.ocnni.org.uk/my-account/>), which includes additional support for teachers, eg planning and assessment templates, guides to best practice, etc.

### Delivery Languages

These qualifications are available in English only at this time. If you wish to offer these qualifications in Welsh or Irish (Gaeilge) then please contact OCN NI who will review demand and provide as appropriate.

## Centre Requirements for Delivering the Qualification

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### Centre Recognition and Qualification Approval

New and existing OCN NI recognised centres must apply for and be granted approval to deliver the qualification prior to the commencement of delivery.

### Centre Staffing

Centres are required to have the following roles in place as a minimum, although a member of staff may hold more than one role\*:

- Centre contact
- Programme Co-ordinator
- Tutor
- Assessor
- Internal Verifier

\*Note: A person cannot be an internal verifier for their own assessments.

### Tutors

Tutors delivering the qualification should be occupationally competent and qualified to at least one level higher than the qualification and have a minimum of one year's relevant experience.

### Assessors

The qualification is assessed within the centre and is subject to OCN NI's quality assurance processes. Units are achieved through internally set, internally assessed, and internally verified evidence.

#### **Assessors must:**

- be occupationally competent to at least one level higher than the qualification
- have a minimum of one year's experience in the area they are assessing
- have direct or related relevant experience in assessment
- assess all assessment tasks and activities

### **Internal Verification**

OCN NI qualifications must be scrutinised through the centre's internal quality assurance processes as part of the recognised centre agreement with OCN NI. The centre must appoint an experienced and trained centre internal verifier whose responsibility is to act as the internal quality monitor for the verification of the delivery and assessment of the qualifications.

The centre must agree a working model for internal verification with OCN NI prior to delivery of the qualifications.

#### ***Internal Verifiers must:***

- have at least one year's occupational experience in the areas they are internally verifying
- attend OCN NI's internal verifier training if not already completed

Internal verifiers are required to:

- support tutors and assessors
- sample assessments according to the centre's sampling strategy
- ensure tasks are appropriate to the level being assessed
- maintain up-to-date records supporting the verification of assessment and learner achievement

## Structure and Content

The tables below summarise the structure of these qualifications.

### OCN NI Entry Level Award in Healthy Living (Entry 3)

In order to achieve the qualification learners must successfully complete a total of 3 credits.

Total Qualification Time (TQT) for this qualification: 30 hours  
 Guided Learning Hours (GLH) for this qualification: 29 hours

Unit Reference Number	OCN NI Unit Code	Unit Title	TQT	Credit Value	Level
<a href="#">R/506/2991</a>	CAZ837	Health and Hygiene Skills	30	3	Entry 3
<a href="#">T/506/2949</a>	CAZ838	Healthy Living for the Individual	30	3	Entry 3
<a href="#">M/506/2951</a>	CAZ839	Home and Personal Safety Awareness for the Individual	30	3	Entry 3
<a href="#">Y/506/2992</a>	CAZ840	Media Influences on Own Body Image	20	2	Entry 3
<a href="#">K/506/2950</a>	CAZ841	Understanding the Impact of Eating Disorders	10	1	Entry 3

### OCN NI Level 1 Award in Healthy Living

In order to achieve the qualification learners must complete a total of 3 credits.

Total Qualification Time (TQT) for this qualification: 30 hours  
 Guided Learning Hours (GLH) for this qualification: 27 hours

Unit Reference Number	OCN NI Unit Code	Unit Title	TQT	Credit Value	Level
<a href="#">K/506/2334</a>	CAZ713	Media Influences on Own Body Image	20	2	One
<a href="#">D/506/2993</a>	CAZ843	Health and Hygiene Skills	30	3	One

<a href="#">H/506/2994</a>	CAZ844	Healthy Living for the Individual	30	3	One
<a href="#">T/506/2997</a>	CAZ845	Stress Management Techniques	30	3	One
<a href="#">M/506/2996</a>	CAZ846	Understanding Healthy Eating	30	3	One
<a href="#">K/506/2995</a>	CAZ847	Understanding the Impact of Eating Disorders	10	1	One

### OCN NI Level 2 Award in Healthy Living

In order to achieve the qualification learners must complete a total of 3 credits.

Total Qualification Time (TQT) for this qualification: 30 hours  
 Guided Learning Hours (GLH) for this qualification: 22 hours

Unit Reference Number	OCN NI Unit Code	Unit Title	TQT	Credit Value	Level
<a href="#">M/506/3002</a>	CAZ848	Media Influences on Own Body Image	20	2	Two
<a href="#">A/506/2998</a>	CAZ849	Healthy Living for the Individual	30	3	Two
<a href="#">K/507/9022</a>	CAZ850	Mental Health Awareness	30	3	Two
<a href="#">T/506/3003</a>	CAZ851	Stress Management Techniques	30	3	Two
<a href="#">H/506/3000</a>	CAZ852	Understanding Healthy Eating	30	3	Two
<a href="#">F/506/2999</a>	CAZ853	Understanding the Impact of Eating Disorders	10	1	Two

## Units

Title	Health and Hygiene Skills	
Level	Entry Three	
Credit Value	3	
Guided Learning Hours (GLH)	30	
OCN NI Unit Code	CAZ837	
Unit Reference No	R/506/2991	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand how to maintain a clean and hygienic home, be able to care for clothing and recognise the importance of personal health and hygiene.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Know how to maintain a clean and hygienic home.	1.1. Give reasons why it is important to keep a kitchen and bathroom clean. 1.2. Identify cleaning materials used to clean: a) sink b) bath/shower c) toilet 1.3. Identify two different floor surfaces and how to clean each.	
2. Understand how to care for clothing.	2.1. Identify how to care for a range of clothing including washing, drying and storing.	
3. Understand the importance of personal hygiene.	3.1. Identify why it is important to carry out the following personal hygiene routines: a) wash hands b) full body wash c) dental hygiene	
4. Know how to maintain a healthy body.	4.1. Identify ways to maintain a healthy body including diet.	
5. Understand the importance of eye tests.	5.1. Identify reasons for having an eye test.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Title	Healthy Living for the Individual	
Level	Entry Three	
Credit Value	3	
Guided Learning Hours (GLH)	30	
OCN NI Unit Code	CAZ838	
Unit Reference No	T/506/2949	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to recognise the importance of personal fitness and how it contributes to a healthy lifestyle.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Recognise the importance of personal fitness and how it contributes to a healthy lifestyle.	1.1. State why personal fitness is important and how it contributes to a healthy lifestyle. 1.2. Identify an activity for developing personal fitness in relation to weight, health and age.	
2. Understand the importance of a balanced diet in promoting personal health.	2.1. Identify foods which promote personal health. 2.2. Plan a simple well balanced healthy meal.	
3. Recognise the importance of personal hygiene.	3.1. Give a reason for the need for personal hygiene. 3.2. Identify a basic routine for maintaining personal hygiene.	
4. Be aware of a range of contraception methods.	4.1. Identify a range of contraception methods available. 4.2. Identify features of common sexually transmitted infections.	
5. Know how to develop personal health through action planning.	5.1. Develop a personal health action plan with targets. 5.2. Review personal action plan identifying areas for improvement.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Title	Home and Personal Safety Awareness for the Individual	
Level	Entry Three	
Credit Value	3	
Guided Learning Hours (GLH)	30	
OCN NI Unit Code	CAZ839	
Unit Reference No	M/506/2951	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand how to safeguard own home and how and when to contact emergency services.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Be aware of how to safeguard own home.	1.1. Identify ways to safeguard the following: a) home b) personal belongings c) self	
2. Recognise fire safety precautions and responses.	2.1. Identify a range of fire safety precautions. 2.2. Participate in a fire drill. 2.3. Identify appropriate actions when a fire breaks out.	
3. Be aware of procedures following an accident.	3.1. List possible accidents. 3.2. Identify procedures in the event of an accident including access to appropriate first aid.	
4. Understand when and how to contact appropriate health and emergency services.	4.1. Identify when and how to contact the following: a) health centre / GP b) fire service c) ambulance service d) police service 4.2. State how to make an emergency call.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Title	Media Influences on Own Body Image	
Level	Entry Three	
Credit Value	2	
Guided Learning Hours (GLH)	20	
OCN NI Unit Code	CAZ840	
Unit Reference No	Y/506/2992	
<i>Unit purpose and aim(s):</i> this unit will enable the learner to understand how the media may influence their own body image and how people are portrayed through the media.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Be aware of how images of young people are portrayed through the media.	1.1. Give examples of images of young people and how they are portrayed through the media. 1.2. Give an example of an image of a group of people that are portrayed through the media. 1.3. Name one group of people who are underrepresented in the media.	
2. Understand how the media influences self image.	2.1. List feelings around own body image. 2.2. State a way that the media can influence own body image.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion

Title	Understanding the Impact of Eating Disorders	
Level	Entry Three	
Credit Value	1	
Guided Learning Hours (GLH)	9	
OCN NI Unit Code	CAZ841	
Unit Reference No	K/506/2950	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to recognise different eating disorders, understand the connection between food and feelings and identify where to seek help and support.		
<b>Learning Outcomes</b>		
<b>Assessment Criteria</b>		
1. Recognise different eating disorders.	1.1. Name different types of eating disorders identifying the signs and symptoms of each.	1.2. List the effects that different eating disorders have on health.
2. Be aware of the connection between food and feelings.	2.1. Identify the connection between food and feelings and why abnormal eating habits develop.	
3. Be able to identify agencies offering help and information on eating disorders.	3.1. Identify sources of information and support relating to eating disorders.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion

Title	Media Influences on Own Body Image	
Level	One	
Credit Value	2	
Guided Learning Hours (GLH)	18	
OCN NI Unit Code	CAZ713	
Unit Reference No	K/506/2334	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand how the media may influence their own body image and how people are portrayed through the media.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Be aware of how images of young people are portrayed through the media.	1.1. Identify images of young people and how they are portrayed through the media. 1.2. Identify images of groups of people that are portrayed through the media. 1.3. Identify images of groups of people who are underrepresented in the media.	
2. Understand how the media influence self-image.	2.1. Identify feelings of own body image. 2.2. State how the media can influence own body image.	
3. Understand how images of people have been portrayed through history.	3.1. Identify images of people and state how they have been portrayed throughout history.	
4. Understand how images of people are portrayed through different cultures.	4.1. Identify images of people from different cultures and state how they are different from own.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion

Title	Health and Hygiene Skills	
Level	One	
Credit Value	3	
Guided Learning Hours (GLH)	27	
OCN NI Unit Code	CAZ843	
Unit Reference No	D/506/2993	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand how to maintain a clean and hygienic home, be able to care for clothing and recognise the importance of person health and hygiene.		
<b>Learning Outcomes</b>	<b>Assessment Criteria</b>	
1. Know how to maintain a clean and hygienic home.	1.1. Outline why it is important to keep a kitchen and bathroom clean. 1.2. Identify cleaning materials used to clean the: (a) sink (b) bath (c) shower (d) toilet 1.3. Identify different floor surfaces and how to clean each.	
2. Be able to care for clothing.	2.1. Outline how to care for a range of clothing including appropriate washing instructions. 2.2. Perform a laundry task. 2.3. Identify different ways to keep clothing in good condition.	
3. Understand the importance of personal hygiene.	3.1. Outline why it is importance to carry out the following personal hygiene routines: a) wash hands b) full body wash c) dental hygiene	
4. Know how to maintain a healthy body.	4.1. Identify requirements for a healthy body. 4.2. Identify how and why it is important to maintain a healthy body.	
5. Understand the importance of eye tests.	5.1. Outline why regular eye tests are important. 5.2. State the standard interval between eyesight tests for people who wear glasses.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Title	Healthy Living for the Individual	
Level	One	
Credit Value	3	
Guided Learning Hours (GLH)	27	
OCN NI Unit Code	CAZ844	
Unit Reference No	H/506/2994	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to recognise the importance of personal fitness and how it contributes to a healthy lifestyle.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Recognise the importance of personal fitness and how it contributes to a healthy lifestyle.	1.1. Outline the importance of fitness and how it contributes to a healthy lifestyle. 1.2. Identify an activity for developing personal fitness.	
2. Understand the importance of a balanced diet in promoting personal health.	2.1. Outline foods which promote personal health. 2.2. Plan a simple well balanced healthy meal.	
3. Recognise the importance of personal hygiene.	3.1. Outline the importance of personal hygiene. 3.2. Outline a basic routine for maintaining personal hygiene.	
4. Be aware of a range of contraception methods.	4.1. Outline a range of contraception methods available. 4.2. Outline features of common sexually transmitted infections.	
5. Know how to develop personal health through action planning.	5.1. Develop a personal health action plan with targets. 5.2. Review personal health action plan identifying areas for improvement.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Title	Stress Management Techniques	
Level	One	
Credit Value	3	
Guided Learning Hours (GLH)	27	
OCN NI Unit Code	CAZ845	
Unit Reference No	T/506/2997	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand the impact of stress and identify appropriate stress management techniques.		
<b>Learning Outcomes</b>		
<b>Assessment Criteria</b>		
1. Understand what is meant by stress.	1.1. Outline what is meant by stress. 1.2. Outline possible causes of stress. 1.3. Outline how stress can be used positively and negatively.	
2. Understand the impact of stress on an individual.	2.1. Outline the impact of stress on an individual.	
3. Understand stress management techniques.	3.1. Give examples of stress management techniques. 3.2. Identify support services available to individuals experiencing stress.	
4. Understand the benefits of using relaxation techniques.	4.1. Identify different strategies for relaxing during times of stress. 4.2. State how these strategies help to reduce stress. 4.3. Use different techniques for relieving stress and comment on their effectiveness.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Title	Understanding Healthy Eating	
Level	One	
Credit Value	3	
Guided Learning Hours (GLH)	27	
OCN NI Unit Code	CAZ846	
Unit Reference No	M/506/2996	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand the importance of maintaining a healthy diet and how it contributes to health.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Understand the importance of maintaining a healthy diet.	1.1. Outline the importance of maintaining a healthy diet for the body. 1.2. Outline the main functions of food and the basic principles of digestion and absorption. 1.3. State why different groups of people require different diets.	
2. Recognise different food groups and how they contribute to a healthy, balanced diet.	2.1. List food groups and how they contribute to a healthy, balanced diet. 2.2. Outline how fluid/water intake contributes to a balanced diet.	
3. Understand why a balanced diet is required to maximise performance.	3.1. Outline why a balanced diet is required to maximise performance. 3.2. Outline the connection between exercise and weight control.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion

Title	Understanding the Impact of Eating Disorders	
Level	One	
Credit Value	1	
Guided Learning Hours (GLH)	9	
OCN NI Unit Code	CAZ847	
Unit Reference No	K/506/2995	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to recognise different eating disorders, understand the connection between food and feelings and identify where to seek help and support.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Recognise different eating disorders.	1.1. Outline different types of eating disorders including the signs, symptoms and effects of each.	
2. Be aware of the connection between food and feelings.	2.1. Outline the connection between food and feelings and why abnormal eating habits develop. 2.2. List reasons why an individual may eat unnecessarily.	
3. Be able to identify agencies offering help and information on eating disorders.	3.1. Identify sources of help and information in relation to eating disorders.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion

Title	Media Influences on Own Body Image	
Level	Two	
Credit Value	2	
Guided Learning Hours (GLH)	16	
OCN NI Unit Code	CAZ848	
Unit Reference No	M/506/3002	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand how the media may influence their own body image and how people are portrayed through the media.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Be aware of how images of young people are portrayed through the media.	1.1. Classify and explain images of young people and how they are portrayed through the media. 1.2. Classify and explain images of groups of people that are portrayed through the media. 1.3. Classify and explain images of groups of people who are underrepresented in the media.	
2. Understand how the media influence self-image.	2.1. Describe feelings of own body image. 2.2. Explain how the media can influence own body image.	
3. Understand how images of people have been portrayed throughout history.	3.1. Classify and explain images of people and state how they have been portrayed throughout history.	
4. Understand how images of people are portrayed throughout different cultures.	4.1. Classify and explain images of people from different cultures and explain how they are different from own.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion

Title	Healthy Living for the Individual	
Level	Two	
Credit Value	3	
Guided Learning Hours (GLH)	24	
OCN NI Unit Code	CAZ849	
Unit Reference No	A/506/2998	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to recognise the importance of personal fitness and how it contributes to a healthy lifestyle.		
Learning Outcomes		Assessment Criteria
1. Recognise the importance of personal fitness and how it contributes to a healthy lifestyle.	1.1. Explain the importance of fitness and how it contributes to a healthy lifestyle. 1.2. Describe the advantages and disadvantages of different activities in relation to personal fitness. 1.3. Develop a programme of personal exercise in relation to weight, health and age. 1.4. Review personal progress against exercise programme.	
2. Understand the importance of a balanced diet in promoting personal health.	2.1. Describe the principles of healthy eating. 2.2. Describe foods which promote personal health.	
3. Recognise the importance of personal hygiene.	3.1. Explain the importance of personal hygiene.	
4. Be aware of a range of contraception methods.	4.1. Describe a range of contraception methods available. 4.2. Explain the need for sexual responsibility in personal relationships. 4.3. Describe features and consequences of common sexually transmitted infections.	
5. Know how to develop personal health through action planning.	5.1. Develop a personal health action plan with targets. 5.2. Review personal health action plan identifying areas for improvement.	
Assessment Guidance		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
Assessment Method	Definition	Possible Content
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Title	Mental Health Awareness	
Level	Two	
Credit Value	3	
Guided Learning Hours (GLH)	24	
OCN NI Unit Code	CAZ850	
Unit Reference No	K/507/9022	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand what is meant by the term mental health, identify treatments for mental health conditions and associated management techniques.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Understand what is meant by the term mental health.	1.1. Describe what is meant by the term mental health. 1.2. Describe the symptoms of a range of mental health illnesses and their impact.	
2. Be aware of treatments for mental health conditions.	2.1. Describe treatments for a range of mental health conditions. 2.2. Compare the strengths and weaknesses of a range of mental health treatments.	
3. Understand anger management techniques.	3.1. Describe signs of aggressive behaviour and what causes them. 3.2. Describe a range of anger management techniques.	
4. Understand the role of therapeutic communication skills in mental health.	4.1. Describe the role of therapeutic verbal and non-verbal communication skills used in mental health. 4.2. Describe the range of the therapeutic communication skills and associated strengths and weaknesses.	
5. Be able to identify agencies offering support and information on mental health issues.	5.1. Describe sources of support and information on mental health issues and their roles.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion

Title	Stress Management Techniques	
Level	Two	
Credit Value	3	
Guided Learning Hours (GLH)	24	
OCN NI Unit Code	CAZ851	
Unit Reference No	T/506/3003	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand the impact of stress and identify appropriate stress management techniques.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Understand what is meant by stress.	1.1. Describe what is meant by stress. 1.2. Describe possible causes of stress. 1.3. Describe how stress can be used positively and negatively.	
2. Understand the impact of stress on an individual.	2.1. Describe the impact of stress on an individual and associated condition.	
3. Understand stress management techniques.	3.1. Describe a range of stress management techniques. 3.2. Describe support services available to individuals experiencing stress.	
4. Understand the benefits of using relaxation techniques.	4.1. Describe different strategies for relaxing during times of stress. 4.2. Explain how these strategies help to reduce stress. 4.3. Use different techniques for relieving stress and comment on their effectiveness.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	Record of observation Learner notes/written work Learner log

Title	Understanding Healthy Eating	
Level	Two	
Credit Value	3	
Guided Learning Hours (GLH)	24	
OCN NI Unit Code	CAZ852	
Unit Reference No	H/506/3000	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to understand the importance of maintaining a healthy diet and how it contributes to health.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Understand the importance of maintaining a healthy diet.	1.1. Describe the importance of maintaining a healthy diet for the body. 1.2. Describe the main functions of food and the basic principles of digestion and absorption. 1.3. Explain why different groups of people require different diets.	
2. Recognise different food groups and how they contribute to a healthy, balanced diet.	2.1. Classify food groups and how they contribute to a healthy, balanced diet. 2.2. Describe how fluid/water intake contributes to a balanced diet.	
3. Understand why a balanced diet is required to maximise performance.	3.1. Describe why a balanced diet is required to maximise performance. 3.2. Describe the connection between exercise and weight control.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion

Title	Understanding the Impact of Eating Disorders	
Level	Two	
Credit Value	1	
Guided Learning Hours (GLH)	6	
OCN NI Unit Code	CAZ853	
Unit Reference No	F/506/2999	
<i>Unit purpose and aim(s):</i> This unit will enable the learner to recognise different eating disorders, understand the connection between food and feelings and identify where to seek help and support.		
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>
1. Recognise different eating disorders.	1.1. Describe different types of eating disorders including the signs, symptoms and effects of each.	
2. Be aware of the connection between food and feelings.	2.1. Describe the connection between food and feelings and why abnormal eating habits develop. 2.2. Describe reasons why an individual may eat unnecessarily.	
3. Be able to identify agencies offering help and information on eating disorders.	3.1. Describe sources of help and information in relation to eating disorders.	
<b>Assessment Guidance</b>		
The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.		
<b>Assessment Method</b>	<b>Definition</b>	<b>Possible Content</b>
Portfolio of evidence	A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes OR A collection of documents containing work that shows the learner's progression through the course	Learner notes/written work Learner log/diary Peer notes Record of observation Record of discussion

## Quality Assurance of Centre Performance

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### External Verification

All OCN NI recognised centres are subject to External Verification. External verification visits and monitoring activities will be conducted annually to confirm continued compliance with the conditions of recognition, review the centre's risk rating for the qualifications and to assure OCN NI of the maintenance of the integrity of the qualifications.

The External Verifier will review the delivery and assessment of the qualifications. This will include the review of a sample of assessment evidence and evidence of the internal verification of assessment and assessment decisions. This will form the basis of the EV report and will inform OCN NI's annual assessment of centre compliance and risk. The External Verifier is appointed by OCN NI.

### Standardisation

As a process, standardisation is designed to ensure consistency and promote good practice in understanding and application of standards. Standardisation events:

- make qualified statements about the level of consistency in assessment across centres delivering a qualification
- make statements on the standard of evidence that is required to meet the assessment criteria for units in a qualification
- make recommendations on assessment practice
- produce advice and guidance for the assessment of units
- identify good practice in assessment and internal verification

Centres offering units of an OCN NI qualification must attend and contribute assessment materials and learner evidence for standardisation events if requested.

OCN NI will notify centres of the nature of sample evidence required for standardisation events (this will include assessment materials, learner evidence and relevant assessor and internal verifier documentation). OCN NI will make standardisation summary reports available and correspond directly with centres regarding event outcomes.

## Administration

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### Registration

A centre must register learners within 20 working days of commencement of a qualification.

### Certification

Certificates will be issued to centres within 20 working days of receipt of correctly completed results marksheets. It is the responsibility of the centre to ensure that certificates received from OCN NI are held securely and distributed to learners promptly and securely.

### Charges

OCN NI publishes all up to date qualification fees in its Fees and Invoicing Policy document. Further information can be found on the centre login area of the OCN NI website.

### Equality, Fairness and Inclusion

OCN NI has considered the requirements of equalities legislation in developing the specification for these qualifications. For further information and guidance relating to access to fair assessment and the OCN NI Reasonable Adjustments and Special Considerations policies, centres should refer to the OCN NI website.

### Retention of Evidence

OCN NI has published guidance for centres on the retention of evidence. Details are provided in the OCN NI Centre Handbook and can be accessed via the OCN NI website.

**OCN NI Entry Level Award in Healthy Living (Entry 3)**  
**Qualification Number: 601/3276/0**

**OCN NI Level 1 Award in Healthy Living**  
**Qualification Number: 601/3277/2**

**OCN NI Level 2 Award in Healthy Living**  
**Qualification Number: 601/3278/4**

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**Entry Level and Level 1 Qualifications:**

Operational start date: 01 June 2014  
Operational end date: 31 December 2027  
Certification end date: 31 December 2028

**Level 2 Qualification:**

Operational start date: 01 June 2014  
Operational end date: 31 December 2027  
Certification end date: 31 December 2029

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