



Excellect 209 (PTY) LTD Trading as

NICORE

Training and Development

54 Columbus Str. Steiltes Mbombela 1201 · 072 819 9440 · 013 744 0407

DEMONSTRATE AN UNDERSTANDING OF FACTORS THAT CONTRIBUTE TOWARDS HEALTHY LIVING

US 14659

NQF Level: 01

Credits: 4

COURSE OVERVIEW





PURPOSE OF THE UNIT STANDARD

This unit standard is for any learner who needs to consider factors such as hygiene, cleanliness, nutrition, recreation and basic health care that contributes to healthy living in order to make informed decisions. A learner credited with this unit standard is able to:

- Explain the basic principles of personal hygiene.
- Demonstrate an understanding of healthy and nutritious eating habits.
- Demonstrate an understanding of the consequences of abusing drugs and medicine.
- Demonstrate an understanding of sports and/or recreational activities for a healthy lifestyle.

The unit standard will also contribute towards the full development of the learner and enable an understanding of healthy living that impact on the social and economic transformation within South Africa.

This unit standard is intended for any person, from all backgrounds within South African society. It may be used a core or an elective competent within a GETC or any vocationally based qualification.

Specific Outcomes and Assessment Criteria:

SPECIFIC OUTCOME 1

Explain the basic principles of personal hygiene.

ASSESSMENT CRITERIA

1. The relationship between the basic functions of the human body and its organs, and personal hygiene is explained with examples.
2. Clean and healthy lifestyle habits are identified and an indication is given of the consequences of poor hygiene and unhealthy habits.

SPECIFIC OUTCOME 2

Demonstrate an understanding of healthy and nutritious eating habits.

ASSESSMENT CRITERIA

1. The five main food groups are identified and an indication is given of how each contributes to good health.
2. Health needs and special food requirements of the individual or family are identified and an indication is given of why each need is important.
3. A balanced meal is planned based on health needs and special dietary requirements for the individual and/or family.

SPECIFIC OUTCOME 3

Demonstrate an understanding of the consequences of abusing drugs and medicine

ASSESSMENT CRITERIA

1. Situations where medication and/or drugs have a positive effect on the individual are indicated with examples.

Demonstrate an Understanding Of Factors That Contribute Towards Healthy Living



2. Situations where medication and/or drugs have a negative effect on the individual are indicated with examples.
3. The effects of these habit-forming drugs on the individual are explained with reference to feelings and behaviours.
4. The dangers of not following instructions for medication are explained with examples.
5. Habit-forming drugs that are illegal in South Africa are named and an indication is given of the consequences of abuse on the individual and society.

SPECIFIC OUTCOME 4

Demonstrate an understanding of sports and/or recreational activities for a healthy lifestyle.

ASSESSMENT CRITERIA

1. Opportunities for sports and/or recreational activities are identified in the immediate community.
2. The value of sport and/or recreation activities are explained with reference to physical, emotional, spiritual and mental well being.