**Portfolio Assessment Summary Form**

**Level 2 Award for Young Health Champions**

**Unit 1: Principles of Health Improvement**

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| **Learning Outcome/Assessment Criteria** | **Evidence for Achievement1** | **Assessor Decision2** |
|  |  |  |
| **Understand what is meant by health and wellbeing** |  |  |
|  |  |  |
| 1.1 State the WHO definition of health |  |  |
| 1.2 State what is significant about this definition |  |  |
|  |  |  |
| **Understand factors that have led to the improvement of public health**  |  |  |
|  |  |  |
| 2.1 Identify THREE public health advances that have resulted in large scale improvements in public health  |  |  |
| 2.2. Explain how each of these advances has had an impact on the public’s health  |  |  |
|  |  |  |
| **Understand how lifestyle may have a negative effect on health** |  |  |
|  |  |  |
| 3.1 Identify THREE long term health conditions that are linked to lifestyle behaviours  |  |  |
| 3.2 List THREE reasons why people make unhealthy lifestyle choices  |  |  |
|  |  |  |
| **Understand how lifestyle may have a positive effect on health**  |  |  |
|  |  |  |
| 4.1 Identify THREE behaviours that have a positive effect on health  |  |  |
| 4.2 State how these behaviours have a positive effect on the individual  |  |  |
| 4.3 List THREE reasons why people make healthy lifestyle choices  |  |  |
|  |  |  |
| **Know how to improve your own health**  |  |  |
|  |  |  |
| 5.1 Determine own attitude to health  |  |  |
| 5.2 Identify a lifestyle change that can improve your health |  |  |
| 5.3 Describe how you could achieve this lifestyle change |  |  |
| 5.4 Identify the benefits of this change |  |  |
| 5.5 Identify who or what can help you to achieve your aim |  |  |

Award of unit / qualification recommended:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | YES / NO | Name | Signature | Date |
|  |  |  |  |  |
| Assessor |  |  |  |  |
| Internal Verifier |  |  |  |  |