**Candidate Assessment Summary Form**

**Level 1 Award in Health Improvement**

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| --- | --- | --- |
| **Learning Outcome/Assessment Criteria** | **Evidence for Achievement1** | **Assessor Decision2** |
|  |  |  |
| **Understand what is meant by health and wellbeing** |  |  |
|  |  |  |
| State the WHO definition of health |  |  |
| Determine own attitude to health |  |  |
|  |  |  |
| **Understand factors that have led to the improvement of public health** |  |  |
|  |  |  |
| Identify three social factors that have resulted in large scale improvements in public health |  |  |
| Outline three medical advances that have resulted in improvements in public health |  |  |
|  |  |  |
| **Understand how lifestyle may have a negative effect on health** |  |  |
|  |  |  |
| Identify five behaviours that have a negative effect on health. |  |  |
| State how these behaviours have a negative effect on the individual |  |  |
| List three reasons why people make unhealthy lifestyle choices |  |  |
| **Understand how lifestyle may have a positive effect on health** |  |  |
|  |  |  |
| Identify five behaviours that have a positive effect on health |  |  |
| State how these behaviours have a positive effect on the individual |  |  |
| List three reasons why people make healthy lifestyle choices |  |  |
|  |  |  |
| **Know how to improve your own health** |  |  |
|  |  |  |
| Identify a lifestyle change you can make that can improve your health |  |  |
| Describe how you could achieve this lifestyle change |  |  |
| Identify the benefits to you of this change |  |  |
| Identify who or what can help you to achieve your aim |  |  |

Award of unit / qualification recommended:

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