



Maintaining personal health and wellbeing

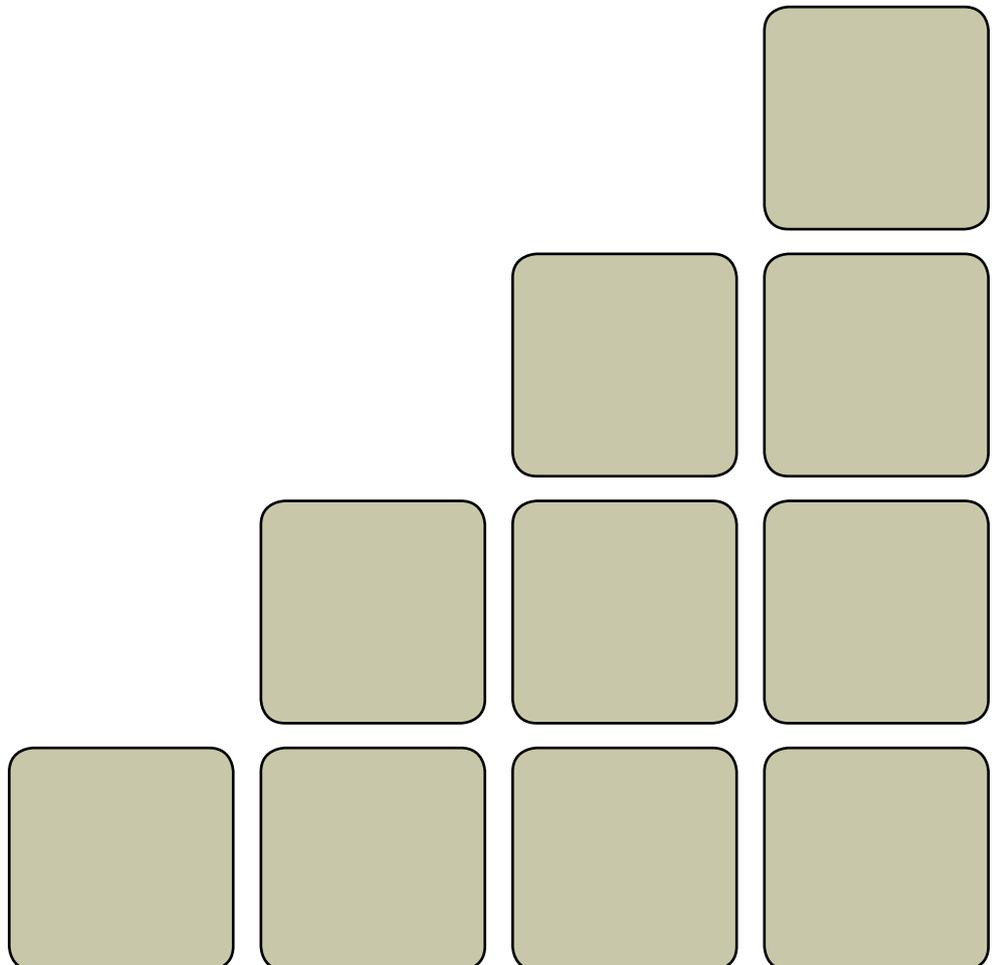
UV30493

D/600/8779

Learner name:

Learner number:

VRQ



UV30493

Maintaining personal health and wellbeing

The aim of this unit is to develop your knowledge and understanding of how to maintaining your own health and wellbeing.

This will include setting a personal action plan, having clear goals, regular monitoring, reviewing activities, evaluating your progress and updating your action plan. This is a continuous cycle for monitoring your eating, lifestyle, exercise and weight management.

This unit applies to hairdressers, barbers, beauty therapists, spa therapists and nail technicians.

Level

3

Credit value

7

GLH

60

Observation(s)

0

External paper(s)

1



Maintaining personal health and wellbeing

Learning outcomes

On completion of this unit you will:

1. Be able to maintain personal health and wellbeing
2. Be able to monitor weight management

Evidence requirements

1. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the 'Knowledge' section of this unit. This evidence may include projects, assignments, case studies, reflective accounts, oral/written questioning and/or other forms of evidence.
2. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
3. *External paper*
Knowledge and understanding in this unit will be assessed by an external paper. The criteria that make up this paper are highlighted in white throughout this unit.
There is one external paper that must be achieved.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below:

- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

Where possible your assessor will integrate knowledge outcomes into practical observations through oral questioning.

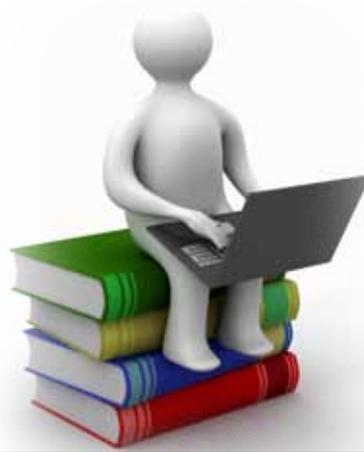
Achieving the external paper

The external paper will test your knowledge of the criteria highlighted in white. **A pass mark of 70% must be achieved.** Criteria not achieved will be identified to your tutor/assessor. You will then be orally questioned or asked to produce other forms of evidence as **all unit criteria must be achieved.**

Your assessor will complete the following table when the 70% pass mark has been achieved.

Paper	Date achieved	Assessor initials
1 of 1		

Knowledge



Outcome 1

Be able to maintain personal health and wellbeing

You can:	Portfolio reference / Assessor initials*
a. Access sources of information on health and wellbeing	
b. State sources of information available on personal health and wellbeing	
c. Describe the components that contribute to a balanced diet	
d. Describe how nutrients are absorbed within the human body	
e. Describe the effects of nutrients on the human body	
f. Compare own dietary intake with recommended daily intake	
g. Describe the influencing factors that effect food intake and choice	
h. State the principles of healthy eating choices	
i. Describe how to interpret retail food labelling	
j. Describe the considerations that need to be identified when looking at body image	
k. Describe how lifestyle choices affect personal health and wellbeing	

**Assessor initials to be inserted if orally questioned.*

Requirements highlighted in white are assessed in the external paper.



Outcome 2

Be able to monitor weight management

You can:	Portfolio reference / Assessor initials*
a. Describe how to communicate and behave in a professional manner	
b. Outline safe and hygienic working practices	
c. Evaluate weight management programmes	
d. Explain the principles of figure analysis	
e. Describe how to identify and analyse good posture	
f. Describe the effects of poor posture on the body	
g. Evaluate safe exercise methods	
h. Explain the principles of safe exercise on the human body	
i. Describe the benefits that regular activities have on fitness	
j. Describe how to measure and improve personal fitness	

**Assessor initials to be inserted if orally questioned.*

Requirements highlighted in white are assessed in the external paper.

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to maintain personal health and wellbeing

Sources of information on health and wellbeing: Evidence based text books, evidence based journals, evidence based websites, food standards, unsubstantiated marketing claims of suppliers (e.g. low sugar, low fat, light).

Sources of information available on personal health and wellbeing: Professionals (dietician, nutritionist, general practitioners), professional bodies (dietetic association, nutrition association, food standards agency).

The components that contribute to a balanced diet: Balanced intake of nutrients, regular timing of food intake, high fibre, low in fat, low in salt, five portions of fruit and vegetables a day.

Key nutritional terms: Diet, healthy eating, nutrition, balanced diet.

How nutrients are absorbed within the human body: Macronutrients and micronutrients, water, absorbed into the blood supply.

Macronutrients – carbohydrates, fats, proteins.

Micronutrients – water soluble vitamins C and B, fat soluble vitamins A, D, E and K.

Minerals – calcium, copper, iron, magnesium, phosphorus, potassium, sodium, selenium, zinc.

The effects of nutrients on the human body:

Carbohydrates – energy, digestion, nervous system function.

Fats – provide essential fatty acids, insulation, protection of vital organs, energy, transport fat soluble vitamins.

Protein – muscle growth, muscle repair, oxygen transport, fight disease, energy.

Vitamins – energy metabolism, protein synthesis, glycogen synthesis, blood clotting, red blood cell formation, aids growth, maintenance of teeth and bones, aids vision.

Minerals – bone growth, teeth growth, energy production, enzyme function, nerve and muscle function, water balance, blood clotting, oxygen transport in red blood cells.

Water – maintain hydration, maintain homeostasis, heat regulation, maintain blood plasma volume, removal of waste products.

Main food groups and nutrients:

Simple carbohydrates – sugar, sweets, chocolate, fruit.

Complex carbohydrates – beans, bread, pasta, potatoes, rice, corn.

Fats – meat, dairy products, processed foods, cakes, biscuits, pies, oils.

Protein – meat, fish, eggs, dairy products, grains, beans, leafy vegetables.

Vitamins – vegetables, fruit, milk, fish, eggs.

Minerals – milk, nuts, vegetables, meats.

Own dietary intake with recommended daily intake: Food diary, use of computer software to assess daily calorie intake.



Outcome 1: Be able to maintain personal health and wellbeing (continued)

7 day food diary – food and fluid timings, food and fluid types, food and fluid portion sizes/amounts, method of cooking or preparation, mood after eating.

The influencing factors that affect food intake and choice: Personal goals, medical history, food preferences, supplement use, nutritional knowledge, attitudes and motivation, stage of readiness.

Lifestyle – occupation, physical activity.

Diet history – food and fluid timings, food and fluid types, food and fluid portion sizes/amounts, method of cooking or preparation, mood after eating.

The principles of healthy eating choices: Balanced intake of nutrients, regular timing of food intake, high fibre, low in fat, low in salt, five portions of fruit and vegetables a day.

How to interpret retail food labelling: Macronutrient amounts in grams, total energy value (kJ, kcal), micronutrient % (recommended dietary allowance), ingredients.

Calories and kilojoules: They are a measure of the energy contained in both the foods we eat and our body fat.

Calories – kcal.

Kilojoules - kJ.

How to maintain an even body weight: If you eat more calories than you burn you will gain weight, if you eat fewer calories than you burn you will lose weight.

Considering body image: Personal goals, lifestyle, medical history, diet history, food preferences, supplement use, nutritional knowledge, attitudes and motivation, stage

of readiness for change.

How lifestyle choices affect personal health and wellbeing: Personal commitment and goals, body composition, physical activity levels, exercise levels, sports participation, occupation, lifestyle, family commitment, work ethic.



Outcome 2: Be able to monitor weight management

Weight management programmes:

Balanced intake of nutrients, regular timing of food intake, high fibre, low in fat, low in salt, five portions of fruit and vegetables a day.

The principles of figure analysis:

Body mass index (BMI), waist to hip ratio, skin-fold callipers, bio-electrical impedance, hydrostatic weighing, classification of health risk in relation to weight (underweight, overweight, obese, moderately obese, severely obese).

How to identify and analyse good posture: Natural mild S-shaped curve of the spine.

Posture – straight back, stand correctly, even weight distribution, maintain balance, remain relaxed.

The effects of poor posture on the body:

Fatigue, back/shoulder injury, repetitive strain injury.

Safe exercise methods: Professionally organised sessions, personal trainer, planning, preparation of equipment/ self and participants, health and safety, organisation, leadership, communication, group management, behaviour management.

The effects of safe exercise on the human body:

Blood supply – improved blood flow distribution, increased blood volume, improved oxygen transportation.

Heart – increase in size, decreased resting heart rate, increased cardiac output.

Respiratory – decreased resting breathing rate, increased lung capacity.

Blood pressure – reduction in overall

resting blood pressure.

Bones and joints – improved bone density, increased joint stability, motion of joints.

Muscle – increase in muscle mass.

Posture – correct pelvic tilt, neutral spine, engaging core muscles.

The benefits that regular activities have on fitness:

Physical benefits – improved health and wellbeing, improved physical fitness, longer life expectancy, reduced risk of disease.

Mental benefits – improved mood and enjoyment, increased self confidence, increased self esteem, mental resilience, motivation, ability to take positive risks.

Social benefits – meaningful activity, crime reduction, drug avoidance, anti-bullying, social contact and acceptance, motivating others to lead an active and healthy lifestyle.

How to measure and improve personal fitness: Personal action plan, goal setting, starting point, regular monitoring, review activities, evaluate progress, update action plan, continuous cycle, maintain motivation, expect relapse.

Professional communication in a salon environment: Try to avoid technical language, always respond, consider confidentiality and data protection.

Verbal – speaking (tone of voice, the language you use, how quickly and clearly), questioning (open, closed, probing).

Non-verbal – body language, positive attitude (your posture, facial expressions, hand gestures, the distance you stand),



Outcome 2: Be able to monitor weight management (continued)

listening (be patient, try to understand).

Written – visual aids, magazines, articles, internet search, records.

Behave professionally in a salon

environment: Follow health and safety practice and procedure, salon code of conduct, respect others, value client(s), co-operate with others (be sympathetic, fair, not aggressive), use appropriate language, avoid gossip, maintain confidentiality, polite/cheerful and friendly manner (friendly facial expressions, open body language, positive attitude, eye contact), sensible behaviour, team work, take pride in work, be punctual, employer and client loyalty.

How to follow safe and hygienic working practices:

Maintaining a safe salon – clean, tidy, safe standards of working, remove spillages, report slippery surfaces, remove/report obstacles, clear access to trolleys and equipment, clean/sterilise/disinfect (tools, equipment, work surfaces), no smoking, eating, drinking or drugs in salon, professional personal hygiene.

Personal protective equipment – wear protective equipment, avoid latex, powdered gloves, apron.

Electricity at work – visual check of equipment, no trailing wires, portable appliance testing.

Manual handling – moving stock safely, lifting, working heights, unpacking.

Towels – wash regularly, clean for every client, place dirty towels in covered bin.

Reporting of injuries, diseases and dangerous occurrences – accident book, reporting diseases, log accidents.

Control of substances hazardous to health – store, handle, use, disposal, replace lids, ventilation for vapour and dust, avoid overexposure to chemicals, use manufacturers' instructions for use.

Disposal of waste – sharps box, closed top bin, dilute chemicals with running water, environmental protection, salon policies for hazardous waste, single use items, recycle empties.

Product storage – check end date/packaging, store away from heat/damp/direct sunlight, empties avoid theft.