

# Health and Social Care

**OCR GCE H303/H703 Unit F916 Health as a Lifestyle Choice**

**Unit Recording Sheet**

Please read the instructions printed at the end of this form. **One** of these sheets, suitably completed, should be attached to the assessed work of **each** candidate.

<b>Unit Title</b>	<b>7 Health as a lifestyle choice</b>	<b>Unit Code</b>	<b>F916</b>	<b>Session</b>	<b>June</b>	<b>Year</b>	<b>2</b>	<b>0</b>		
<b>Centre Name</b>						<b>Centre Number</b>				
<b>Candidate Name</b>						<b>Candidate Number</b>				

**Evidence:** You produce a report which explores healthy-lifestyle choices, devising an exercise programme for **one** individual.

### Unit F916: Health as a lifestyle choice

#### What the candidate needs to do:

**Candidate needs to produce** a report which explores healthy-lifestyle choices, devising an exercise programme for **one** individual **[50 marks]**.

Evidence needs to include:

**AO1:** understanding of the positive effects of exercise on the physical, mental and social health of individuals **[15]**;

**AO2:** understanding of the diet of the individual, making recommendations for improvements based on current dietary guidelines **[15]**;

**AO3:** relevant research and analysis when planning and designing an exercise programme for the individual **[10]**;

**AO4:** monitoring and evaluation of the likely success and effectiveness of the diet recommendations and exercise programme on the individual **[10]**.

#### How candidates will be assessed:

Assessment Objective	Mark Band 1	Mark Band 2	Mark Band 3	Teacher comments	Mark
AO1	Candidate shows a basic knowledge and understanding of the positive effects of exercise on the physical, mental and social health of individuals;  <b>[0 1 2 3 4 5]</b>	candidate demonstrates a sound knowledge and understanding of the positive effects of exercise on the physical, mental and social health of individuals;  <b>[6 7 8 9 10]</b>	candidate demonstrates comprehensive knowledge and understanding of the positive effects of exercise on the physical, mental and social health of individuals.  <b>[11 12 13 14 15]</b>		<b>/15</b>

Unit F916: Health as a lifestyle choice (continued)					
Assessment Objective	Mark Band 1	Mark Band 2	Mark Band 3	Teacher comments	Mark
O2	Candidates show, with guidance, a basic understanding of the nutritional content of food, the dietary function of both macro- and micro-nutrients and the dietary needs of the individual, making basic recommendations for improvements based on current dietary guidelines; Ability to communicate using some appropriate terminology. Sentences have limited coherence and structure, often being of doubtful relevance to the main focus of the AO. Errors of grammar, punctuation and spelling may be noticeable and intrusive <b>[0 1 2 3 4 5]</b>	candidates show a sound understanding of the nutritional content of food, the dietary function of both macro- and micro-nutrients and the dietary needs of the individual, making sound recommendations for improvements based on current dietary guidelines; Limited ability to organise relevant material. Some appropriate terminology used. Sentences are not always relevant with material presented in a way that does not always address the AO. There may be noticeable errors of grammar, punctuation and spelling. <b>[6 7 8 9 10]</b>	candidates show, accurately and independently, an in-depth understanding of the nutritional content of food, the dietary function of both macro- and micro-nutrients and the dietary needs of the individual, making comprehensive recommendations for improvements based on current dietary guidelines; Ability to present relevant material in a planned and logical sequence. Appropriate terminology used. Sentences, for the most part, relevant and presented in a balanced, logical and coherent manner which addresses the AO. There will be occasional errors of grammar, punctuation and spelling. <b>[11 12 13 14 15]</b>		/15
AO3	Candidates use limited information sources to plan and design a <b>basic</b> exercise programme (to include <b>two</b> types of exercise and an investigation of the individual's lifestyle and needs), applying basic analytical skills to show how the programme meets the needs of the individual; <b>[0 1 2 3 4]</b>	candidates use a range of relevant information sources to plan and design a detailed exercise programme (to include <b>two</b> types of exercise and an investigation of the individual's lifestyle and needs), applying sound analytical skills to describe how the programme meets the needs of the individual; <b>[5 6 7]</b>	candidates undertake research using a wide range of relevant information sources to plan and design a comprehensive exercise programme (to include <b>two</b> types of exercise and an investigation of the individual's lifestyle and needs), applying comprehensive analytical skills to show how the plan meets the needs of the individual. <b>[8 9 10]</b>		/10
AO4	Candidates carry out a basic evaluation of the evidence collected during monitoring, drawing basic conclusions as to the likely success and effectiveness of the diet recommendations and exercise programme on the individual; <b>[0 1 2 3 4]</b>	candidates carry out a sound evaluation of the evidence collected during monitoring to draw some valid conclusions as to the likely success and effectiveness of the diet recommendations and exercise programme on the individual; <b>[5 6 7]</b>	candidates carry out a comprehensive evaluation of the evidence collected during monitoring to draw valid and detailed conclusions as to the likely success and effectiveness of the diet recommendations and exercise programme on the individual. <b>[8 9 10]</b>		/10
<b>Total mark awarded:</b>					<b>/50</b>
If this work is a re-sit, please tick		Session and Year of previous submission	Jan / June	<b>2 0</b>	Please tick to indicate this work has been standardised internally

Please note: This form may be updated on an annual basis. The current version of this form will be available on the OCR website ([www.ocr.org.uk](http://www.ocr.org.uk)).

### Guidance on Completion of this Form

- 1 **One** sheet should be used for each candidate.
- 2 Please ensure that the appropriate boxes at the top of the form are completed.
- 3 Please enter *specific* page numbers where evidence can be found in the portfolio, and where possible, indicate to which part of the text in the mark band the evidence relates.
- 4 Circle the mark awarded for each strand of the marking criteria in the appropriate box and also enter the circled mark in the final column.
- 5 Add the marks for the strands together to give a total out of 50. Enter this total in the relevant box.