

Unit 11: Causes of Disease and Maintaining Health

Level:	2
Unit type:	Optional (General)
Credit value:	4
Guided learning hours:	40

Unit summary

This unit aims to give learners knowledge and understanding of different types of common disease, the importance of strategies to prevent disease, and of supporting individuals to maintain their health.

Unit assessment requirements

Assessment tasks and activities must enable learners to produce valid, sufficient, authentic and appropriate evidence that relates directly to the learning outcomes and assessment criteria of the unit. Suitable forms of evidence for this unit include:

- written tasks such as reports, articles for journals, newsletters, leaflets, posters
- workbooks, work logbooks or learner diaries
- written or oral presentations
- projects
- oral question and answer.

Observation records should not be used as the primary evidence of achievement for this unit, but can be used to supplement the more appropriate forms of evidence listed above or to provide sector contextualisation or evidence of how the learner has applied knowledge within their job role.

When devising the assessment activities, centres need to look closely at the verb used in each assessment criterion to ensure that learners can provide evidence with sufficient breadth and depth to meet the requirements. Centres need to produce assessment briefs for learners with clear instructions of what they are required to do.

Learning outcomes and assessment criteria

To pass this unit, learners need to demonstrate that they can meet all the learning outcomes for the unit. The assessment criteria outline the requirements that the learner is expected to meet to achieve the learning outcomes and the unit.

Learning outcomes		Assessment criteria		Evidence type	Portfolio reference	Date
1	Know what is meant by the terms 'health' and 'disease'	1.1	State the meaning of the term 'health'			
		1.2	State the meaning of the term 'disease'			
		1.3	Identify different types of disease			
2	Know factors that can affect the health of individuals	2.1	State different factors that can affect the health of individuals			
3	Know the common causes of disease	3.1	State causes of common communicable diseases			
		3.2	State causes of common non-communicable diseases			
		3.3	Describe ways to limit the spread of communicable disease			
		3.4	List the common diseases resulting in a referral to own department			

Learning outcomes		Assessment criteria		Evidence type	Portfolio reference	Date
4	Understand the importance of strategies to prevent disease	4.1	Explain approaches to disease prevention			
		4.2	Explain the challenges in disease prevention			
5	Understand the importance of supporting patients to manage their own health	5.1	Explain the importance of providing safe and effective support to prevent disease			
		5.2	Explain the concept of self-management in helping patients and their families to manage their conditions			
6	Know the role of national public health bodies in the UK in protecting and improving health and well-being	6.1	Describe the role of a national public health body (e.g. Public Health England), in protecting and improving health and well-being			
		6.2	Describe a public health initiative relevant to own role			

Learner name: _____

Date: _____

Learner signature: _____

Date: _____

Assessor signature: _____

Date: _____

Internal verifier signature: _____

Date: _____

(if sampled)

