

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.

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

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

Criteria			Teacher Comment	Page No.
<p>AO1.1: You show a basic knowledge and understanding of the positive effects of exercise on the physical, mental and social health of individuals;</p> <p>[0 1 2 3 4 5]</p>	<p>AO1.2: you demonstrate a sound knowledge and understanding of the positive effects of exercise on the physical, mental and social health of individuals;</p> <p>[6 7 8 9 10]</p>	<p>AO1.3: you demonstrate in-depth knowledge and understanding of the positive effects of exercise on the physical, mental and social health of individuals.</p> <p>[11 12 13 14 15]</p>		
<p>AO2.1: You 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; you write in a manner which is adequate to convey meaning, although it is expressed in a non-specialist manner;</p> <p>[0 1 2 3 4 5]</p>	<p>AO2.2: you 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; you write in a manner which conveys meaning, using specialist vocabulary with few errors/inaccuracies;</p> <p>[6 7 8 9 10]</p>	<p>AO2.3: you show, accurately and independently, a thorough understanding of the nutritional content of food, the dietary function of both macro- and micro-nutrients and the dietary needs of the individual, making detailed recommendations for improvements based on current dietary guidelines; you write in a manner which conveys appropriate meaning, using specialist vocabulary with accuracy; there will be no errors/inaccuracies.</p> <p>[11 12 13 14 15]</p>		

Criteria			Teacher Comment			Page No.
<p>AO3.1: You use a limited range of relevant information sources to collect information to plan and design a three-week exercise programme (to include two types of exercise), applying basic analytical skills to show how the programme meets the needs of the individual;</p> <p style="text-align: right;">[0 1 2 3 4]</p>	<p>AO3.2: you use a range of information sources to collect information to plan and design a three-week exercise programme (to include two types of exercise), applying sound analytical skills to describe how the programme meets the needs of the individual;</p> <p style="text-align: right;">[5 6 7]</p>	<p>AO3.3: you undertake research using a variety of techniques and sources to carry out an in-depth analysis when devising a three-week exercise programme (to include two types of exercise), applying sound analytical skills to show how the plan meets the needs of the individual.</p> <p style="text-align: right;">[8 9 10]</p>				
<p>AO4.1: You 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;</p> <p style="text-align: right;">[0 1 2 3 4]</p>	<p>AO4.2: you carry out an evaluation of the evidence collected during monitoring to draw conclusions as to the likely success and effectiveness of the diet recommendations and exercise programme on the individual;</p> <p style="text-align: right;">[5 6 7]</p>	<p>AO4.3: you carry out a comprehensive evaluation of the evidence collected during monitoring to draw valid conclusions as to the likely success and effectiveness of the diet recommendations and exercise programme on the individual.</p> <p style="text-align: right;">[8 9 10]</p>				
Total/50						
If this work is a re-sit, please tick		Session and Year of previous submission	Jan / June	2	0	0
			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).
A completed Centre Authentication form CCS160 **must** accompany the MS1 when it is sent to the moderator.

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.