



SHORT COURSE IN CARE PRACTICE:

Demonstrate an understanding of factors that contribute towards healthy living

OUTCOMES

The qualifying learner is capable of:

- Explain the basic principles of personal hygiene.
- Demonstrate an understanding of healthy and nutritious eating habits.
- Demonstrate an understanding of the consequences of abusing drugs and medicine.
- Demonstrate an understanding of sports and/or recreational activities for a healthy lifestyle.

SAQA US ID

US 14659

UNIT STANDARD TITLE

Demonstrate an understanding of factors that contribute towards healthy living

NQF

1

CREDITS

4

PURPOSE OF THE UNIT STANDARD

This unit standard is for any learner who needs to consider factors such as hygiene, cleanliness, nutrition, recreation and basic health care that contributes to healthy living in order to make informed decisions. The unit standard will also contribute towards the full development of the learner and enable an understanding of healthy living that impact on the social and economic transformation within South Africa.

COST

This course costs **R1 100.00**

ENROLMENT

To enrol onto this course, you will need to create a student account by clicking on the link below.

<http://www.vitalonline.co.za/moodle/login>

Once you have created an account click on the link below to take you to the payment and enrolment page for this course.

Click here

CONTACT US

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