

**AIM Awards**

**L1 Award in Behaviour Change: Drugs Awareness through Sport (QCF) V2**

**Assessment Resource Pack**

|  |  |
| --- | --- |
| Learner Name: |  |
| Learner Number: |  |
| Course: |  |
| Tutor: |  |
| Learner Signature: |  |
| Date Started: |  |
| Date Completed: |  |

**About this Qualification**

This qualification will help you gain an understanding of the impact of drug use on the body and health, by reviewing the historic use of drug taking in sport.

**Using this assessment pack**

As you work through this pack you will look at your own skills, behaviours, reactions to others and use of body language. The tasks will support your learning and so it is expected that you will complete all of them and have them marked. The completed, marked exercises are the assessments on which your achievement of the AIM Awards Unit is based.

Tracking your evidence

During your course your tutor/assessor will ask you to carry out work either in the classroom, or in your own time, which you’ll keep as evidence of your learning.

The work you produce (evidence) will be assessed by your tutor/assessor to make sure you’ve covered everything in sufficient detail. Your evidence could be made up of a combination of:

• written work or class notes

• products or samples of practical work

• case studies

• learning logs

• video or audio recordings

• other appropriate formats suggested by your tutor/assessor

When all of your evidence is gathered together in a file or folder, this becomes your portfolio.

Your centre and assessor may have systems that they use to plan and monitor your assessment. These may be computer-based (e.g. using ‘e-portfolio’ software) or paper-based (using forms or checklists). These systems are designed to show how each piece of evidence meets which learning outcomes and assessment criteria. Reasonable adjustments can be made; for example, if you have writing difficulties, your responses can be captured orally and evidenced by audio recording.

**You will be working to achieve the following learning outcomes:**

|  |
| --- |
| **L1 Behaviour Change: Drugs Awareness through Sports**1. Know about drug taking in sport
2. Know about the impact of drugs on health
3. Know about the concept of healthy living
 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Learning Outcomes** **The learner will:** | **Assessment Criteria** **The learner can:** | **Evidence Location** | **Completed?** **(Learner Tick)** |
| 1. Know about drug taking in sport | 1.1. Outline the history of drug taking in sport | 6 |  |
| 1.2 Indicate ways of drug taking in sport | 6 |  |
| 1.3 Outline the rules regarding drug taking in sport | 7 |  |
| 2. Know about the impact of drugs on health | 2.1 List the consequences of drug use on the body and overall health | 7 |  |
| 2.2 Outline the effects of drug taking on society | 8 |  |
| 3. Know about the concept of healthy living | 3.1 Identify examples of the impact a negative lifestyle can have on health | 8 |  |
| 3.2 Give examples of lifestyle changes that can have a positive impact on health | 9 |  |
| 3.3 Identify activities that can improve health and wellbeing | 9 |  |
| 3.4. Outline a personal healthy lifestyle plan | 10 |  |

**Record of Learner Achievement**

**Final Tutor Feedback (Strengths and Areas for Improvement):**

|  |
| --- |
|  |

**Learner Submission Disclaimer**

I declare that this is an original piece of work and that all of the work is my own unless referenced.

**Assessor Disclaimer**

I confirm that this learner’s work fully meets all the assessment criteria listed above at the correct level and that any specified evidence requirements have been addressed.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Assessor** |  | **Learner** |  | **Date** |  |

**Expectations**

Complete this section before you start the course.

One expectation you have of the course:

…………………………………………………………………………………………………………………………………………………….………………

…………………………………………………………………………………………………………………………………….………………………………

…………………………………………………………………………………………………………………….

One thing you would like to get out of the course:

…………………………………………………………………………………………………………………………………………………….………………

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………………………………………………………………………………………………………………….

Please keep hold of this sheet. It can be useful to look at it later and see how it compares with how you found the course at the end.

**Review**

Complete this at the end of the course.

One thing you have learned from the course:

…………………………………………………………………………………………………………………………………………………….………………

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One thing you can take with you for the future:

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**LO1 Know about drug taking in sport**

* 1. Outline the history of drug taking in sport

Outline the history of drug taking in sport:

|  |
| --- |
| pencilpointmacro.jpg |

1.2 Indicate ways of drug taking in sport

Briefly describe ways of drug taking in sport:

|  |
| --- |
| **pencilpointmacro.jpg** |

1.3 Outline the rules regarding drug taking in sport

Outline the rules regarding drug taking in sport:



**LO2 Know about the impact of drugs on health**

2.1 List consequences of drug use on the body and overall health

Using the table below, list the consequences of drug use on the body and overall health:

|  |  |  |
| --- | --- | --- |
| Name of Drug  | Effect on the Body | Effect on Overall Health |
|  | 1 | 1 |
| 2 | 2 | 2 |
| 3 | 3 | 3 |
| 4 | 4 | 4 |
| 5 | 5 | 5 |

2.2 Outline effects of drug taking on society

Briefly describe the effects of drug taking on society:



**LO3 Know about the concept of healthy living**

3.1 Identify examples of the impact a negative lifestyle can have on health

Using the table below, give examples of the impact a negative lifestyle can have on health:

|  |  |
| --- | --- |
| Negative Lifestyle Choice: | Impact on Health:  |
|  | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |

3.2 Give examples of lifestyle changes that can have a positive impact on health

Using the table below, give examples of lifestyle choices that can have a positive impact on health:

|  |  |
| --- | --- |
| Lifestyle Choice: | Impact on Health:  |
| 1  | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |

3.3 Identify activities that can improve health and well-being

List activities that can improve health and well-being:



3.4 Outline a personal healthy lifestyle plan

Using the grid below, create a personal healthy lifestyle plan. You will need to identify things to stop (e.g. smoking) and give a timescale for this change. You will also need to identify things you are planning to start (e.g. going to the gym) and also include a timescale for this change.

My personal healthy lifestyle plan

|  |  |  |  |
| --- | --- | --- | --- |
| Don’t do/Stop | When? | Start Doing  | When? |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |
| 5. |  |  |  |