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| Lesson 1Health indicators[Component 3, B1, Physiological indicators] | Lesson 2Resting pulse rate and recovery after exercise[Component 3, B1, Physiological indicators] | Lesson 3Blood pressure[Component 3, B1, Physiological indicators] | Lesson 4Peak flow[Component 3, B1, Physiological indicators] | Lesson 5Body mass index (BMI)[Component 3, B1, Physiological indicators] |
| Lesson 6Using published guidelines to interpret health indicators [Component 3, B1, Physiological indicators] | Lesson 7Risks to physical health of abnormal readings[Component 3, B1, Physiological indicators] | Lesson 8Interpreting lifestyle data[Component 3, B2, Lifestyle indicators] | Lesson 9Interpreting lifestyle data on smoking[Component 3, B2, Lifestyle indicators] | Lesson 10Interpreting lifestyle data on alcohol[Component 3, B2, Lifestyle indicators] |
| Lesson 11Interpreting lifestyle data on inactivity[Component 3, B2, Lifestyle indicators] | Lesson 12Learning aim B: assessment practicePreparation for assessment[Component 3, B1 and B2, Interpreting health indicators]End of learning aim | Lesson 13Preparation for assessment: practice questions [Component 3, B1 and B2, Interpreting health indicators]End of learning aim | Lesson 14Review of assessment: practice questions [Component 3, B1 and B2, Interpreting health indicators]End of learning aim | Lesson 15 |