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