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**SOUTH AFRICAN QUALIFICATIONS AUTHORITY (SAQA)**

In accordance with regulation 24(c) of the National Standards Bodies Regulations of 28 March 1998, the Standards Generating Body (SGB) for

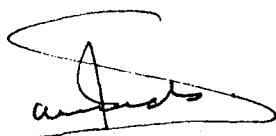
**Life Skills**

Registered by NSB 07, Human and Social Studies, publishes the following unit standards for public comment.

This notice contains the titles, fields, sub-fields, NQF levels, credits, and purpose of the unit standards upon which qualifications are based. The unit standards can be accessed via the SAQA web-site at [www.saga.org.za](http://www.saga.org.za). Copies may also be obtained from the Directorate of Standards Setting and Development at the SAQA offices, 659 Pienaar street, Brooklyn, Pretoria.

Comment on the unit standards should reach SAQA at the address ***below and no later than 21 October 2002***. All correspondence should be marked **Standards Setting – SGB for Life Skills** and addressed to

The Director: Standards Setting and Development  
SAQA  
*Attention: Mr. D Mphuthing*  
Postnet Suite 248  
Private Bag X06  
Waterkloof  
0145  
or faxed to 012 – 482 0907



PP **SAMUEL B.A. ISAACS**  
**EXECUTIVE OFFICER**

**UNIT STANDARDS FOR ABET LIFE ORIENTATION**

**SGB:** Life Skills  
**Field:** Human and Social Studies  
**Sub-field:** People/Human-Centred Development  
**Level:** NQF level 1 (ABET level 4)

**UNIT STANDARD TITLES AT ABET level 4**

- Title 1:** Apply principles for financial well-being
- Title 2:** Demonstrate knowledge of the self to make life decisions
- Title 3:** Demonstrate an understanding of a healthy lifestyle
- Title 4:** Demonstrate an understanding of HIV/AIDS and sexually transmitted diseases.
- Title 5:** Establish and maintain sound relationships in society
- Title 6:** Demonstrate an understanding of a national identity.
- Title 7:** Prepare oneself for the world of work.
- Title 8:** Participate and progress in the workplace.

**UNIT STANDARD TITLES AND SPECIFIC OUTCOMES AT ABET level 4****1. Title: Apply principles for financial well-being**

- Specific outcome 1.1:** Understand the value of financial management.
- Specific outcome 1.2:** Investigate various options to manage finances.
- Specific outcome 1.3:** Develop a budget to plan for family or own finance.
- Specific outcome 1.4:** Evaluate financial management and expenditure.

**2. Title: Demonstrate knowledge of the self in order to make life decisions**

- Specific outcome 2.1:** Draw up a personal profile.
- Specific outcome 2.2:** Identify critical areas for personal development.
- Specific outcome 2.3:** Identify his/her role in and contribution to society.
- Specific outcome 2.4:** Determine personal goals for life.

**3. Title: Demonstrate an understanding of a healthy lifestyle**

- Specific outcome 1.1:** Demonstrate an understanding of hygiene and cleanliness.
- Specific outcome 1.2:** Demonstrate an understanding of body composition and functions.
- Specific outcome 1.3:** Demonstrate an understanding of healthy and nutritious diet plan.
- Specific outcome 1.4:** Demonstrate an understanding of healthy and balanced life style.

**4. Title: Demonstrate an understanding of HIV/AIDS and sexually transmitted diseases.**

- Specific outcome 2.1:** Demonstrate an understanding of the nature and transmission of HIV/AIDS and sexually transmitted diseases.
- Specific outcome 2.2:** Demonstrate an understanding of measures to live with HIV/AIDS and sexually transmitted diseases.
- Specific outcome 2.3:** Demonstrate an understanding of legal rights of individuals with AIDS and sexually transmitted diseases.

**5. Title:** Establish and maintain sound relationships in society.

- Specific outcome 1.1:** Define qualities of relationships in society.
- Specific outcome 1.2:** Identify one's role and responsibility with relationships.
- Specific outcome 1.3:** Commensurate personal needs in interpersonal relationships.
- Specific outcome 1.4:** Maintain sustainable relationships in society.

**6. Title:** Demonstrate an understanding of a national identity.

- Specific outcome 2.1:** Identify fundamental differences in society.
- Specific outcome 2.2:** Understand the impact of a personal value system on diversity.
- Specific outcome 2.3:** Demonstrate an understanding of the country's constitution.
- Specific outcome 2.4:** Identify and appreciate the country's national symbols.

**7. Title:** Prepare oneself for the world of work.

- Specific outcome 1.1:** Research work opportunities in the formal and informal sectors of the economy.
- Specific outcome 1.2:** Identify career opportunities.
- Specific outcome 1.3:** Choose a career path through effective decision-making.
- Specific outcome 1.4:** Select an appropriate training and development programme.

**8. Title:** Participate and progress in the workplace.

- Specific outcome 2.1:** Recognise the necessity of work ethics and understand how these apply in an integrated way in the work environment.
- Specific outcome 2.2:** Understand rights and related responsibilities in the workplace.
- Specific outcome 2.3:** Recognise opportunities for self-development in the workplace.
- Specific outcome 2.4:** Demonstrate the relationship between productivity and self-management skills.

### Suggestions on a GETC qualification design to include the ABET (Level 4) Unit Standards for Life Orientation

An ABET or Industry-specific GETC qualification on NQF level 1 shall consist of the following:

- All certificate qualifications on NQF level 1 shall consist of a minimum of 120 credits.
- In order to qualify as a certificate on a particular level 72 credits must be on the level of the qualification or higher, in this case NQF 1.
- The fundamental component of an ABET GETC qualification shall consist of 20 credits from the field of language, literacy and communication and 16 credits from the field of mathematics and mathematical literacy.
- The core learning component of an ABET GETC qualification shall consist of a total of 54 credits spread across a minimum of four of the remaining 6 learning areas and
- The elective learning component of the ABET GETC qualification shall consist of a total of 30 credits assigned to unit standards from any of the 12 organizing fields of the NQF.

The following suggestions are a guideline on how to include the ABET Life Orientation Unit Standards in the design of an ABET GETC qualification.

- The ABET Life Orientation Unit Standards have been designed using the following five focus areas (Personal Development, Physical development, Health Promotion, Social Development and the World of Work) which is based on the revised Schooling National Curriculum Statements.
- The ABET Life Orientation Unit Standards can be used as core and/or elective components in the qualification.
- **Core Component:** A combination of ABET Life Orientation Unit Standards, with a minimum of 14 credits, can be included as Core. In addition to this further ABET Life Orientation standards can also be used as part of the elective component.
- **Elective Component:** The ABET Life Orientation Unit Standards can be used just as an elective component(s) of the qualification depending on the purpose and need portrayed in the qualification and/or the particular interests and needs of the learner.

NQF Level	Personal development	Credit	Physical development	Credit	Health promotion	Credit	Social Development	Credit	World of Work	Credit
1 (ABET Level 4)	Apply principles for financial well-being	5	Demonstrate an understanding of a healthy lifestyle	4	Demonstrate an understanding of HIV/AIDS and sexually transmitted diseases	3	Demonstrate an understanding of a national identity	4	Participate in and progress in the workplace	3
	Demonstrate knowledge of self in order to make life decisions	3					Establish and maintain sound relationships in society	3	Prepare oneself for the world of work	4