



# Step Up Training and Care

From Training to Caring, we deliver excellence

Qualification Name	<b>Level 1 Award in Health and Wellbeing</b>
Qualification achieved	Highfield Level 1 Award in Health and Wellbeing (RQF) 603/6453/1

## Qualification Structure

This qualification is assessed through the completion of a portfolio of evidence:

- Telephone assessment appointments to discuss your evidence and/or submitting written evidence to your assessor

The learner will build a portfolio of evidence based on the criteria required to complete this qualification

There are no exams required to achieve the qualification

## Qualification Duration

The duration of the qualification is 16 hours, of which 13 are recommended as guided learning hours. This equates to approximately a 2-week timescale but is dependent on a learner being engaged in their studies, submitting evidence to match the learning criteria usually on a weekly basis to your personal assessor

## Costs

This course is £90

50% is payable at point of enrolment with the remaining 50% payable upon completion of the qualification.

## Who can enrol for this course?

Must be aged 16+.

## Entry requirements

It is advised that you have a minimum of entry-level 3 in literacy and / or numeracy, or equivalent.

## Who is this qualification suitable for?

This is a knowledge-only qualification that provides underpinning knowledge and understanding in relation to health, well-being and personal safety.

The qualification can be taken by learners preparing to enter employment or by those who are already in employment.

This qualification is designed to provide learners with an understanding of the principles of health and wellbeing. Learners are also given the opportunity to develop their communication skills and support individuals to improve their health and wellbeing.

It has been developed to raise awareness to the different aspects of mental health and wellbeing. This will include how different factors can affect mental health and wellbeing, such as substance abuse, social media, stress and peer pressure. It will provide a basic awareness of how to look after mental health and wellbeing.

#### **Certification**

Upon successful completion of this qualification, you will be issued with a hard copy of your certificate.

#### **Enrolment**

Full details of how to enrol on this qualification can be found on our website, under the section Enrolment.

#### **Module Content**

Learners must complete the one unit contained within the mandatory group.

##### **Mandatory units**

- Understanding health and wellbeing (Level 1, Credit Value 2)