

Unit Title: Enable Individuals to Change their Behaviour to Improve their Health and Wellbeing while Working as a Health Trainer

Level:	Three
Credit Value:	5
GLH:	25
OCNLR Unit Code:	PA1/3/LQ/046
Ofqual Unit Reference Number:	T/508/4143

This unit has 6 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Encourage individuals to assess their behaviour.	1.1. Help individuals to assess how their behaviour is affecting their health and wellbeing. 1.2. Help individuals to identify the changes needed to improve their health and wellbeing. 1.3. Use behaviour change techniques to encourage individuals to identify their motivation for change and opportunities for change. 1.4. Help individuals to identify potential barriers to change and ways of managing them.
2. Establish one-to-one relationships with clients.	2.1. Explain the importance of establishing the ground rules for the relationship. 2.2. Establish ground rules for the relationship. 2.3. Build rapport with clients. 2.4. Identify the key factors to be considered when choosing a suitable environment for one-to-one contact.

<p>3. Develop Personal Health Plans for individuals.</p>	<p>3.1. Support individuals to prioritise their goals. 3.2. Support individuals to identify SMART goals for changing their behaviour. 3.3. Support individuals to develop a Personal Health Plan. 3.4. Identify key individuals who will be involved in the Personal Health Plan. 3.5. Use a range of techniques to ensure that individuals receive the appropriate support. 3.6. Review and record individuals' progress in achieving their plan.</p>
<p>4. Support individuals to achieve their plan.</p>	<p>4.1. Take actions to help individuals achieve their goals. 4.2. Support individuals to develop confidence in achieving change. 4.3. Use methods to support individuals to strengthen their own motivation for change. 4.4. Explain how measures of behaviour are used in monitoring behaviour change. 4.5. Support individuals to review their progress and adapt their Personal Health Plan. 4.6. Provide feedback, support and encouragements to individuals. 4.7. Recognise and value individuals' achievements.</p>
<p>5. Support individuals to establish and maintain change.</p>	<p>5.1. Support individuals to prepare for setbacks. 5.2. Support individuals to manage setbacks. 5.3. Support individuals to evaluate the effects of the changes implemented. 5.4. Support individuals to become their own health trainer. 5.5. Help individuals identify broader learning and development needs.</p>
<p>6. Keep records of work in line with organisational procedures.</p>	<p>6.1. Keep accurate and complete records of work with individuals. 6.2. Report problems and concerns to the line manager. 6.3. Work within own role and competences. 6.4. Explain the importance of working within own role and competences. 6.5. Explain the potential consequences of working outside own role and competences.</p>

Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

P = Prescribed This assessment method *must* be used to assess all or part of the unit.

O = Optional This assessment method *could* be used to assess all or part of the unit.

Case Study		Project	
Written question & answer/test/exam	O	Role play/simulation	
Essay	O	Practical demonstration	P
Report		Group discussion	
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	
Reflective log/diary		Practice file	