

**Unit Title: Communicate with Individuals about Promoting their Health and Wellbeing while Working as a Health Trainer**

<b>Level:</b>	Three
<b>Credit Value:</b>	3
<b>GLH:</b>	15
<b>OCNLR Unit Code:</b>	PA1/3/LQ/035
<b>Ofqual Unit Reference Number:</b>	Y/508/4202

*This unit has 4 learning outcomes*

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Analyse concepts of health and wellbeing.	1.1. Explain the terms 'health and wellbeing'. 1.2. Define the term 'lifestyle'. 1.3. Explain the links between lifestyle and health and wellbeing.
2. Understand factors influencing health and wellbeing.	2.1. Identify the factors influencing individuals' health and wellbeing. 2.2. Identify wider determinants of health and wellbeing. 2.3. Understand and communicate key Health Promotion messages and the benefits of making lifestyle changes. 2.4. Identify other people and agencies who might be able to help individuals to improve their health and wellbeing.

<p>3. Encourage individuals to address issues relating to their health and wellbeing.</p>	<p>3.1. Raise individual's awareness of the key issues relating to their health and wellbeing.</p> <p>3.2. Describe a range of approaches that apply to promoting health and wellbeing.</p> <p>3.3. Use a range of methods for providing information on health and wellbeing.</p> <p>3.4. Help individuals identify factors affecting their health and wellbeing.</p> <p>3.5. Explore individual's knowledge and beliefs about health and wellbeing.</p> <p>3.6. Encourage individuals to take responsibility for changing their behaviour.</p> <p>3.7. Help individuals to get hold of reliable and up to date information and advice.</p> <p>3.8. Help individual's access appropriate support.</p>
<p>4. Communicate appropriately with individuals.</p>	<p>4.1. Select and use ways to communicate appropriately with individuals.</p> <p>4.2. Encourage an open and frank exchange of views.</p> <p>4.3. Identify barriers to communication.</p> <p>4.4. Use appropriate methods to reduce barriers to communications.</p> <p>4.5. Acknowledge individual's right to make their own decisions.</p> <p>4.6. Support individuals to make their own decisions.</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	O