



OCNLR LEVEL 1 QUALIFICATIONS IN HEALTH AND WELLBEING

The new OCN London Level 1 Certificate in Health and Wellbeing and the 16 individual Level 1 Awards aim to provide learners with a greater awareness of the many facets of health and wellbeing whether in a personal, professional or voluntary capacity. They may, be applied in a variety of contexts such as work, education and leisure or in the community.

Take a look at our offer



Title	Qualification Approval No.	Credit Value
OCNLR Level 1 Award in Awareness of Drugs and Substance Misuse	603/3123/9	1
OCNLR Level 1 Award in Awareness of Health and Wellbeing	603/3116/1	1
OCNLR Level 1 Award in Awareness of Mental Health and Wellbeing	603/2570/7	1
OCNLR Level 1 Award in Body Image and the Media	603/3117/3	1
OCNLR Level 1 Award in Dementia Awareness	603/3118/5	3
OCNLR Level 1 Award in Developing Assertive Behaviour	603/3120/3	2
OCNLR Level 1 Award in Developing Emotional Resilience	603/3121/5	1
OCNLR Level 1 Award in Developing Healthy Relationships and Respect	603/3119/7	2
OCNLR Level 1 Award in Developing Personal Confidence and Self Awareness	603/3122/7	3
OCNLR Level 1 Award in Personal Safety Awareness	603/3124/0	2
OCNLR Level 1 Award in Planning a Healthy Diet	603/3125/2	3
OCNLR Level 1 Award in Social Media and Mental Wellbeing	603/3126/4	2
OCNLR Level 1 Award in Stress and Stress Management Techniques	603/3127/6	3
OCNLR Level 1 Award in Understanding the Effects of Sleep on Health	603/3128/8	1
OCNLR Level 1 Award in Understanding Personal and Interpersonal Conflict	603/3130/6	3
OCNLR Level 1 Award in Understanding the Importance of a Balanced Diet and Regular Exercise	603/3131/8	1
OCNLR Level 1 Certificate in Health and Wellbeing	603/3134/3	13



HOW THE QUALIFICATIONS ARE ASSESSED

Assessments are internally set, marked and moderated by the centre. The resulting portfolios are then externally moderated by OCN London. We encourage flexibility and variety in approaches to assessment using the guide given on each unit in the respective qualifications.