



OCN London Sample Course Details

Course Title

Stress and Stress Management Techniques (Level 1)

OCNLR Qualification Title

Title	Qualification No.	Credits	GLH
OCNLR Level 1 Award in Stress and Stress Management Techniques	603/3127/6	3	27

In order to gain an Award, learners must achieve 3 credits at Level 1 from the mandatory unit.

Click [here](#) for the Qualification Guide

Selected Units from above qualification

	Unit Title	Unit Level	Credit Value	Unit Code
1	Stress and Stress Management Techniques	L1	3	HB3/1/LQ/002