| Unit Title: Stress and Stress Management Techniques | |
|---|---|
| **Level:** | One |
| **Credit Value:** | 3 |
| **GLH:** | 27 |
| **OCNLR Unit Code:** | HB3/1/LQ/002 |
| **Ofqual Unit Reference Number:** | Y/504/8817 |

*This unit has 5 learning outcomes*

| LEARNING OUTCOMES | ASSESSMENT CRITERIA |
|---|---|
| **The learner will:** | **The learner can:** |
| 1. Be able to recognise the symptoms of stress. | 1.1. State what is meant by stress.<br>1.2. List the symptoms of stress.<br>1.3. Record the effect of stress on the body.<br>1.4. Comment on different types of stress. |
| 2. Know about the possible causes of stress. | 2.1. Outline possible causes of stress.<br>2.2. Give examples of own stressors. |
| 3. Know about the benefits of using relaxation as a strategy. | 3.1. Identify different strategies for relaxing during times of stress.<br>3.2. State how these strategies help to reduce stress. |
| 4. Know about coping strategies. | 4.1. Identify a range of strategies for reducing and managing stress.<br>4.2. Show how to use at least one of these strategies.<br>4.3. Outline the benefits of these strategies. |
| 5. Be able to practise a number of relaxation techniques. | 5.1. Identify areas of possible tension in the body when stressed.<br>5.2. Demonstrate different techniques for relieving tension and stress.<br>5.3. Comment on their effectiveness. |

## 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.

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|---|---|---|---|
| Case Study | | Project | O |
| Written question & answer/test/exam | O | Role play/simulation | |
| Essay | | Practical demonstration | O |
| Report | | Group discussion | O |
| Oral question and answer | O | Performance/exhibition | |
| Written description | O | Production of artefact | |