

# Ascentis **Entry 3 Award**

in

# Healthy Living for Well-Being and Mental Health

# Rule of Combination

<b>Ofqual Number:</b>	<b>603/5750/2</b>
Ofqual Start Date:	01/08/2020
Ofqual Review Date:	31/07/2022
Ofqual Certification Review Date:	31/07/2023

# Qualification Overview

The Ascentis Entry 3 Award in Healthy Living for Well-Being and Mental Health qualification is designed to give learners knowledge and understanding of the basic principles of healthy living, including the importance of mental health, healthy eating and the principles of physical activity to support health.

There are several features of this qualification that make it very appropriate for its target learners:

- Assessment and certification can be offered throughout the year, allowing maximum flexibility for centres
- It can be delivered either as a classroom-based course or as a blended learning programme
- Assessments are primarily offered through an online multiple choice test that will normally be taken at the end of the course. Assessments can be requested as a paper-based assessment, where required as a reasonable adjustment
- There **will be** online resources that can be used alongside the teaching

## Aims

The aims of the qualification are to enable learners to:

- 1 Understand the importance of healthy living
- 2 Understand the importance of mental health
- 3 Understand the importance of healthy eating
- 4 Understand the principles of physical activity for health

## Target Group

The qualification is aimed at a range of learners, including:

- Young people wishing to pick up an Award as part of another learning programme
- Young people aged 14–19 who are in various learning environments
- Adult learners

## Regulation Codes

Ofqual Qualification Number: 603/5750/2

## Assessment Method

This qualification is assessed through the completion of an Ascentis-devised multiple-choice test that is carried out at the completion of the course.

The grading of this qualification is pass or did not achieve.

# Rule of Combination

Learners must complete one unit for the Ascentis Entry 3 Award in Healthy Living for Well-Being and Mental Health.

Ascentis Entry 3 Award in Healthy Living for Well-Being and Mental Health				
Title	Level	Credit Value	TQT	Unit ref
Healthy Living for Well-Being and Mental Health	Entry 3	1	10	R/618/0825

## Guided Learning Hours (GLH)

The recommended guided learning hours for this qualification is 10.

## Total Qualification Time (TQT)

The total qualification time for this qualification is 10.

## Age Range of Qualification

This qualification is suitable for young people aged 14–19 and adult learners.

# Contact & Further Information

New Centres please email [hello@ascentis.co.uk](mailto:hello@ascentis.co.uk) or call 01524 845046

Existing Centres please visit the Login area of our website to view the full specification

Product Development for enquiries please email [development@ascentis.co.uk](mailto:development@ascentis.co.uk)