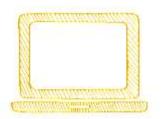


# Ascentis Level 1 Award in

## Personal Health and Well-being

Overview Specification



Ofqual Number: 603/4280/8

Ofqual Start Date: 01/04/2019

Ofqual Review Date: 31/07/2023

Ofqual Certification Review Date: 31/07/2024

## **Qualification Overview**

This qualification provides learners with knowledge and skills enabling them to make balanced and informed choices about their life, both now and in the future, and to develop confidence in their own abilities. The qualification offers learners an opportunity to explore issues relating to the society in which they live and topics which may be relevant to their own lives.

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
- There are online resources that can be used alongside the teaching

#### **Aims**

The aims of the qualification are to enable learners to:

- Understand the importance of a healthy lifestyle
- Know about sex and relationships
- Understand ways of building confidence and self-esteem
- Understand the impact of body image

#### **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

#### **Regulation Codes**

Ofqual Qualification Number: Ascentis Level 1 Award in Personal Health and Well-being 603/4280/8

#### **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 Level 1 Award in Introduction to Personal Health and Well-being.

Ascentis Level 1 Award in Personal Health and Well-being				
Title	Level	Credit Value	TQT	Unit Reference
Introduction to Personal Health and Wellbeing	1	3	31	A/617/5120

#### **Resources to Support the Delivery of the Qualification**

There are interactive online resources and a Tutor Guidance document available to support this qualification. These resources and the full specification can be found on the login area of the website, www.ascentis.co.uk.

The Tutor Guidance document includes indicative content, sample questions and a glossary of terms to give learners that will support them with technical vocabulary.



## **Contact & Further Information**

New Centres please email <a href="mailto:hello@ascentis.co.uk">hello@ascentis.co.uk</a> or call **01524 845046** for further information.

**Existing Centres** please visit the Login area of our website, **www.ascentis.co.uk**, to view the full specification and tutor guidance document.

Product Development for any other enquiries regarding the qualification please email development@ascentis.co.uk.