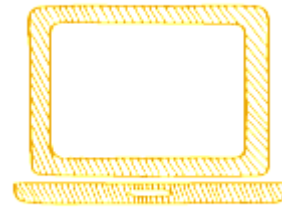


# Ascentis **Entry 3 Award**

in

# Healthy Living for Well-being and Mental Health



# Overview Specification

<b>Ofqual Number:</b>	<b>603/5750/2</b>
Ofqual Start Date:	01/08/2020
Ofqual Review Date:	31/07/2024
Ofqual Certification Review Date:	31/07/2025

# 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 offered through an online multiple-choice test that is designed to be taken at the end of the course. Assessments can only be requested as a paper-based assessment where required as a reasonable adjustment
- 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 healthy living
- Understand the importance of mental health
- Understand the importance of healthy eating
- 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: Ascentis Entry 3 Award in Healthy Living for Well-being and Mental Health  
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

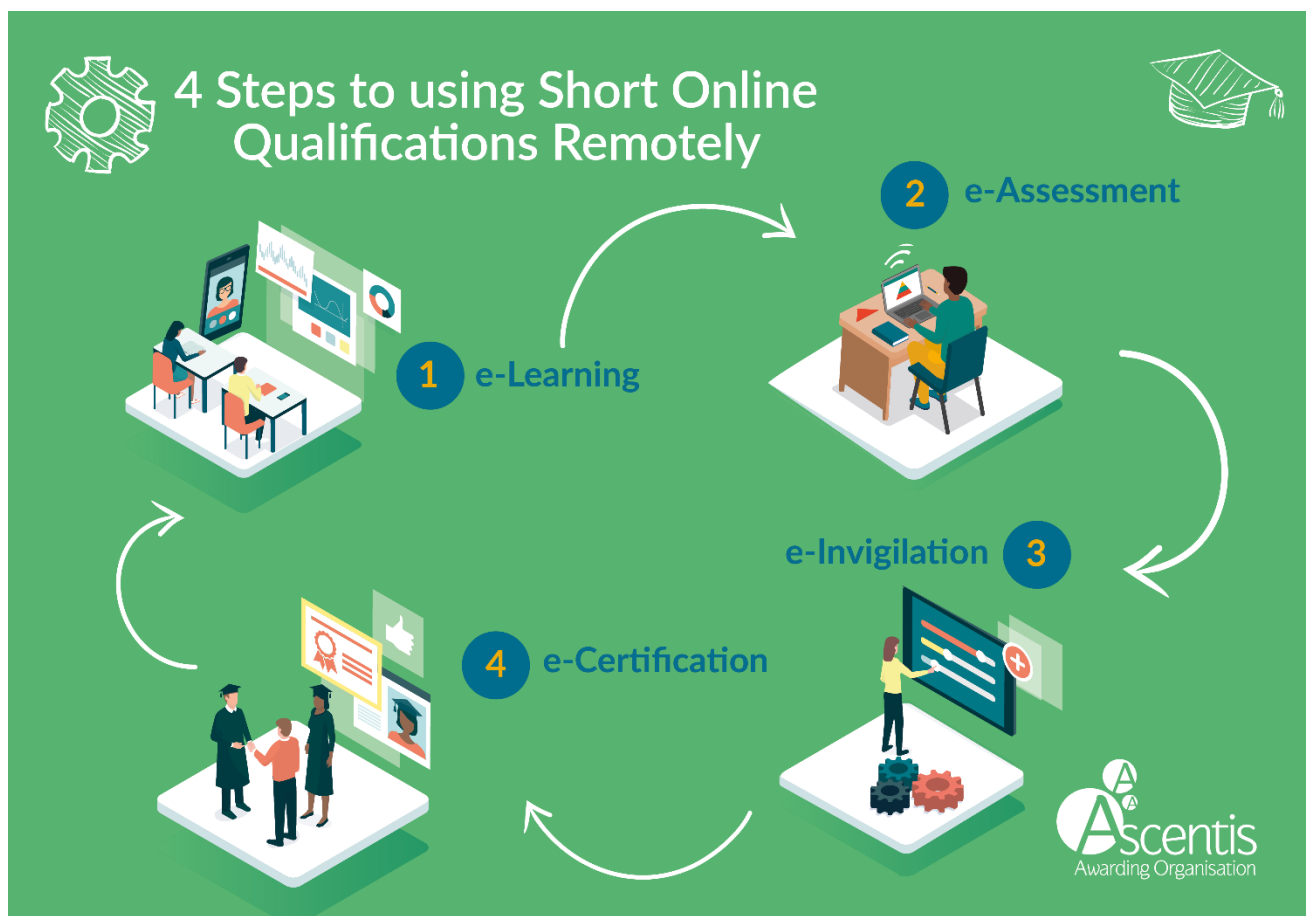
Learners must complete one unit for the Ascentis Entry 3 Award in Healthy Living for Well-being and Mental Health.

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

## 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](http://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 [hello@ascentis.co.uk](mailto:hello@ascentis.co.uk) or call **01524 845046** for further information.

Existing Centres please visit the Login area of our website, [www.ascentis.co.uk](http://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](mailto:development@ascentis.co.uk).