

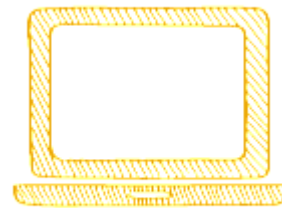
Ascentis **Level 1 Award**

in

**Personal Health and
Well-being**

Overview

Specification



Ofqual Number:	603/4280/8
Ofqual Start Date:	01/04/2019
Ofqual Review Date:	31/07/2025
Ofqual Certification Review Date:	31/07/2026

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 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 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

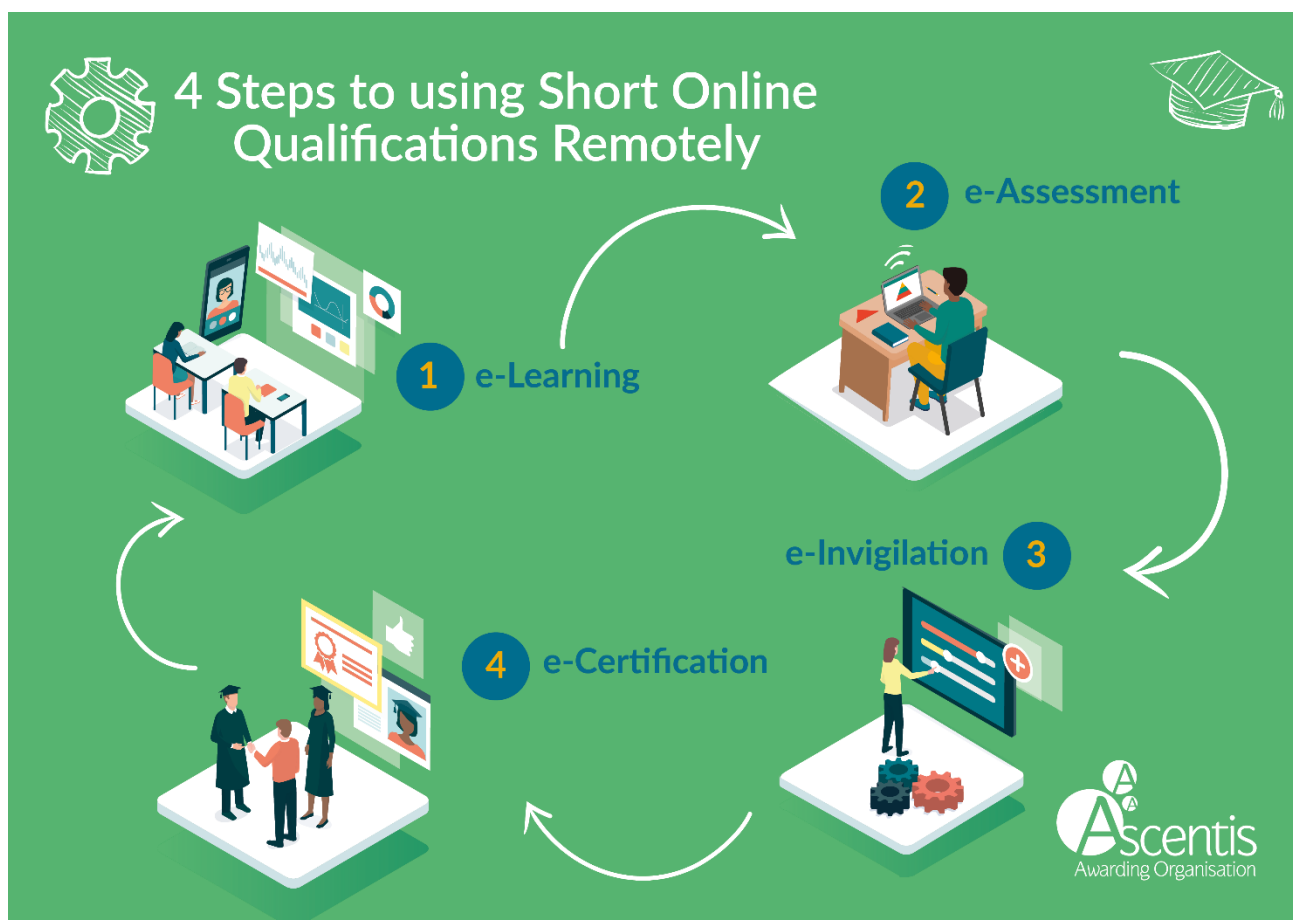
Learners must complete one unit for the Ascentis Level 1 Award in Introduction to Personal Health and Well-being.

Ascentis Level 1 Award in Personal Health and Well-being				
Title	Level	Credit Value	TQT	Unit Reference
Introduction to Personal Health and Well-being	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 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, to view the full specification and tutor guidance document.

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