

# Ascentis **Level 1 and 2 Award**

## in

# Healthy Living

## Overview

# Specification



<b>Ofqual Number:</b>	<b>Level 1: 501/0286/2</b> <b>Level 2: 501/0285/0</b>
Ofqual Start Date:	01/07/2010
Ofqual Review Date:	31/07/2026
Ofqual Certification Review Date:	31/07/2028

# Qualification Overview

The Ascentis Level 1 and 2 Award in Healthy Living qualifications are designed to give learners knowledge and understanding of the basic principles of healthy living, including how to keep a healthy body weight, the requirements of a healthy diet and keeping a healthy lifestyle.

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
- 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 these qualifications are to enable learners:

- To understand the importance of keeping a healthy body weight
- To understand the requirements of a healthy diet
- To understand the importance of a healthy lifestyle

## Target Group

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

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

## Regulation Codes

Ofqual Qualification Numbers:

Ascentis Level 1 Award in Healthy Living 501/0286/2

Ascentis Level 2 Award in Healthy Living 501/0285/0

## 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

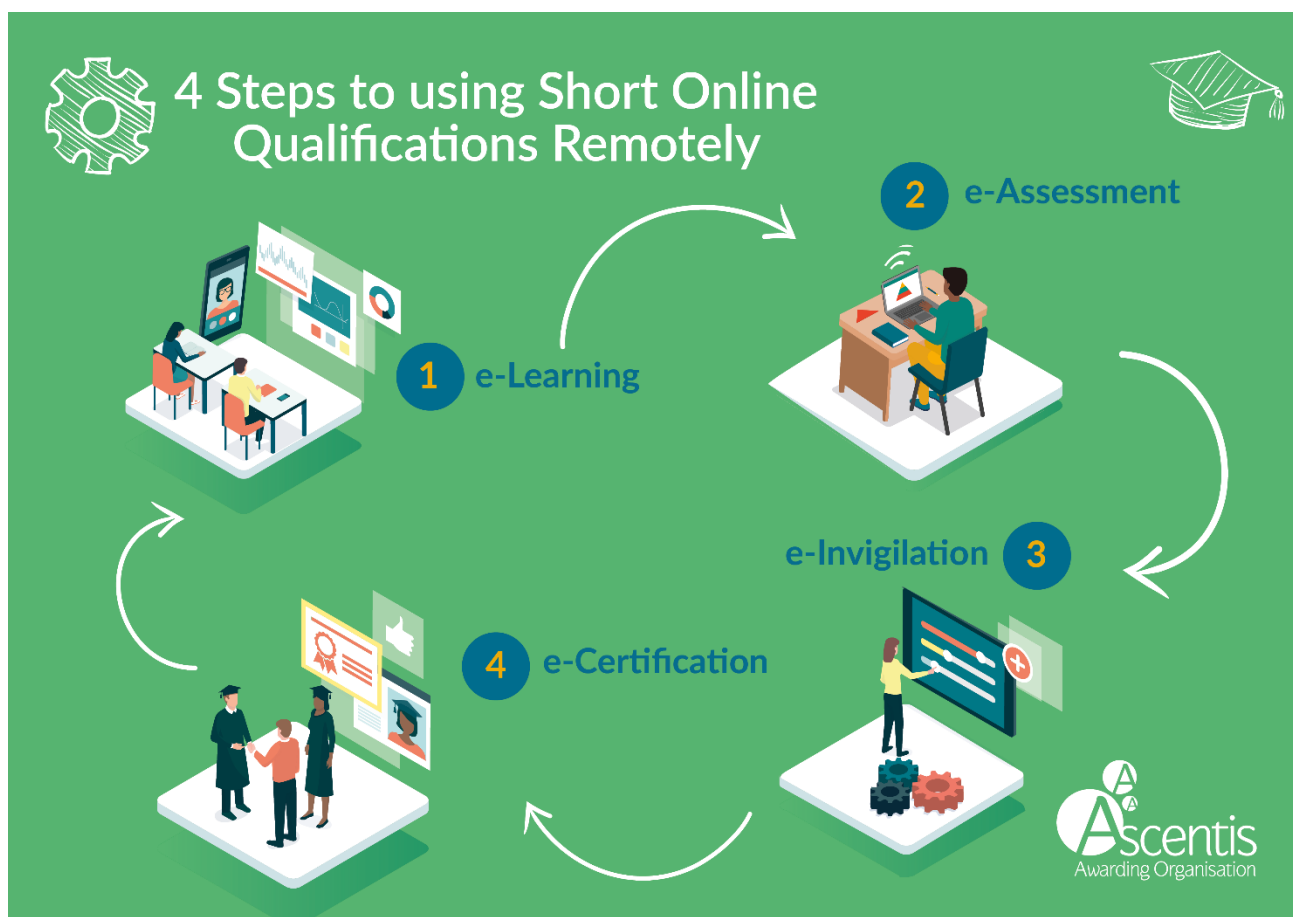
Learners must complete one unit for the Ascentis Level 1 and Level 2 Award in Healthy Living. These are single-unit qualifications and certification is given for achieving a pass in the external assessment.

Ascentis Level 1 and Level 2 Award in Healthy Living				
Title	Level	Credit Value	TQT	Unit Reference
Healthy Living	1	2	21	T/602/0338
Healthy Living	2	2	21	M/602/0340

## 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).