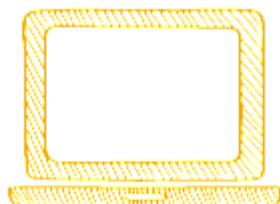


# Ascentis Level 1 and 2 Award in **Healthy Living** **Overview** **Specification**



Ofqual Number:	Level 1: 501/0286/2 Level 2: 501/0285/0
Ofqual Start Date:	01/07/2010
Ofqual Review Date:	31/07/2023
Ofqual Certification Review Date:	31/07/2024

# 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 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 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 these qualifications.

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 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).