

Ascentis **Level 1 and 2 Award** in **Healthy Living** **Rule of Combination**



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
- Assessment is by a multiple-choice test, offered on screen or on paper. This 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:

- Level 1 Award in Healthy Living: 501/0286/2
- 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, available as a paper-based test or an e-assessment.

The grading of this qualification is pass or did not achieve.

Rule of Combination

Learners must complete one unit for the Award in Healthy Living at Level 1 or Level 2. 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 ref
Healthy Living	Level 1	2	21	T/602/0338
Healthy Living	Level 2	2	21	M/602/0340

Guided Learning Hours (GLH)

The recommended guided learning hours for this qualification is 20.

Total Qualification Time (TQT)

The total qualification time for this qualification is 21.

Age Range of Qualification

This qualification is suitable for young people aged 14–19 and adult learners.

Contact & Further Information

New Centres please email hello@ascentis.co.uk or call 01524 845046

Existing Centres please visit the Login area of our website to view the full specification

Product Development for enquiries please email development@ascentis.co.uk