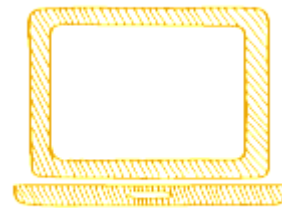


# Ascentis **Level 1 Award**

in

**Personal Health and  
Well-Being**

**Rule of Combination**



<b>Ofqual Number:</b>	<b>603/4280/8</b>
Ofqual Start Date:	01/04/2019
Ofqual Review Date:	31/07/2021
Ofqual Certification Review Date:	31/07/2022

# 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
- 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 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: 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, and is 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 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 ref
Introduction to Personal Health and Well-Being	Level 1	3	31	A/617/5120

## Guided Learning Hours (GLH)

The recommended guided learning hours for this qualification is 30.

## Total Qualification Time (TQT)

The total qualification time for this qualification is 31.

## Age Range of Qualification

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

# Contact & Further Information

New Centres please email [kirsty.sherrington@ascentis.co.uk](mailto:kirsty.sherrington@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](mailto:development@ascentis.co.uk)