

Ascentis **Level 1 Award** in **Personal Well-Being** **Rule of Combination**



Ofqual Numbers:	600/8988/X
Ofqual Start Date:	01/05/2013
Ofqual Review Date:	31/07/2022
Ofqual Certification Review Date:	31/07/2023

Qualification Overview

The qualification content 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. Topics covered include motivation, assertiveness, understanding feelings and emotions, and self-esteem.

The qualification also offers learners an opportunity to explore issues relating to the society in which they live – topics which may be relevant to their own lives. Options available include units on body image, bullying, drugs, eating disorders and relationships.

Aims

This qualification in personal well-being aims to provide a broad and diverse personal learning experience through five key concept areas:

- Diversity
- Healthy Lifestyles
- Personal Identities
- Relationships
- Risk

Regulation Codes

Ofqual Regulation Number: 600/8988/X

Assessment Method

All units are internally assessed through the learner building up a portfolio of evidence that covers the relevant assessment criteria. They are internally assessed and verified by the centre and then externally verified by Ascentis.

Rule of Combination

Ascentis Level 1 Award In Personal Well-Being

Learners must achieve 6 credits in total. One unit must be achieved from each of the key subject groups: Diversity (A), Healthy Lifestyles (B), Personal Identities (C), Relationships (D) and Risk (E). Any remaining credits can be taken from any part of the qualification. Units with the same titles at different levels are barred. A minimum of 4 credits must be achieved at Level 1.

Unit Group A (Diversity): Learner must achieve a minimum of one unit from this group

Level 1 Units

Title	Level	Credit Value	GLH	Unit ref	Barred Units
Valuing Equality and Diversity	1	2	16	F/600/7804	L/503/1013
Beliefs and Values	1	1	9	L/503/0962	R/503/0963

Level 2 Units

Title	Level	Credit Value	GLH	Unit ref	Barred Units
Valuing Equality and Diversity	2	2	16	L/503/1013	F/600/7804
Beliefs and Values	2	1	8	R/503/0963	L/503/0962

Unit Group B (Healthy Lifestyles): Learner must achieve a minimum of one unit from this group.

Level 1 Units

Title	Level	Credit Value	GLH	Unit ref	Barred Units
Healthy Lifestyles	1	2	18	A/503/0973	F/503/0974
Sex and Relationships	1	2	18	A/503/0990	F/503/0991
Understanding Eating Disorders	1	1	9	F/506/5319	M/503/0999
Understanding Stress	1	1	9	J/503/1012	R/503/1546
Drugs and Substance Misuse	1	1	9	T/503/0969	K/503/0970
Understanding Body Image	1	1	9	Y/503/0995	D/503/0996

Level 2 Units

Title	Level	Credit Value	GLH	Unit ref	Barred Units
Understanding Body Image	2	1	8	D/503/0996	Y/503/0995
Healthy Lifestyles	2	2	16	F/503/0974	A/503/0973
Sex and Relationships	2	2	16	F/503/0991	A/503/0990
Drugs and Substance Misuse	2	1	8	K/503/0970	T/503/0969
Understanding Eating Disorders	2	1	8	M/503/0999	F/506/5319
Understanding Stress	2	1	8	R/503/1546	J/503/1012

Unit Group C (Personal Identities): Learner must achieve a minimum of one unit from this group.

Level 1 Units

Title	Level	Credit Value	GLH	Unit ref	Barred Units
Personal Identity and Self-Esteem	1	1	9	H/503/0983	K/503/0984
Developing Confidence and Self-Esteem	1	1	8	K/503/0967	M/503/0968
Understanding Motivation	1	1	9	K/503/1004	M/503/1005
Enrichment Activity – Personal Well-Being	1	1	9	M/503/0971	T/503/0972

Developing Assertiveness	1	1	9	Y/503/0964	H/503/0966
Interpersonal Communication Skills	1	1	9	Y/503/0978	D/503/0979
Level 2 Units					
Title	Level	Credit Value	GLH	Unit ref	Barred Units
Interpersonal Communication Skills	2	1	8	D/503/0979	Y/503/0978
Developing Assertiveness	2	1	8	H/503/0966	Y/503/0964
Personal Identity and Self-Esteem	2	1	8	K/503/0984	H/503/0983
Developing Confidence and Self-Esteem	2	1	8	M/503/0968	K/503/0967
Understanding Motivation	2	1	8	M/503/1005	K/503/1004
Enrichment Activity – Personal Well-Being	2	1	8	T/503/0972	M/503/0971
Unit Group D (Relationships): Learner must achieve a minimum of one unit from this group.					
Level 1 Units					
Title	Level	Credit Value	GLH	Unit ref	Barred Units
Understanding Relationships	1	2	18	A/503/1007	J/503/1009
Individual Rights and Responsibilities in Society	1	1	9	J/503/0975	L/503/0976
Recognising and Dealing with Bullying	1	2	18	J/503/0989	Y/600/5217
Teamwork Skills	1	2	18	J/503/0992	L/503/0993
Understanding Feelings and Emotions	1	1	9	R/503/1000	H/503/1003
Level 2 Units					
Title	Level	Credit Value	GLH	Unit ref	Barred Units
Understanding Feelings and Emotions	2	1	8	H/503/1003	R/503/1000
Individual Rights and Responsibilities in Society	2	1	8	L/503/0976	J/503/0975
Teamwork Skills	2	2	16	L/503/0993	J/503/0992
Understanding Relationships	2	2	16	J/503/1009	A/503/1007
Recognising and Dealing with Bullying	2	2	16	Y/600/5217	J/503/0989
Unit Group E (Risk): Learner must achieve a minimum of one unit from this group					
Level 1 Units					
Title	Level	Credit Value	GLH	Unit ref	Barred Units
Understanding Risk	1	1	9	A/503/1010	F/503/1011
Making Decisions	1	1	9	Y/503/0981	D/503/0982
Level 2 Units					
Title	Level	Credit Value	GLH	Unit ref	Barred Units
Understanding Risk	2	1	8	F/503/1011	A/503/1010
Making Decisions	2	1	8	D/503/0982	Y/503/0981

Guided Learning Hours (GLH)

The recommended guided learning hours for this qualification is 60.

Total Qualification Time (TQT)

The total qualification time for this qualification is 60.

Age Range of Qualification

These qualifications are suitable for learners aged 14+, 16-18 and 19+.

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