

Purpose Statement

Open Awards Level Award and Certificate in Physical Health and Mental Wellbeing (Level 1) (RQF)

The primary purpose of this qualification is to recognise the development of knowledge regarding physical health and mental wellbeing. This qualification has been designed to enable learners to explore areas relating the physical health and mental wellbeing such as healthy lifestyles, health and hygiene as well as assist in managing anger and emotional wellbeing. The qualification will enable learners to develop skills, attributes, behaviours that contribute to healthier life.

Who is it for?

- All learners in all learning environments
- Those enhancing life and working skills
- Those who are preparing for working life

What does this qualification cover?

To achieve the Award qualification, you are required to complete 6 credits or 60 hours of learning.

For the Certificate you are required to complete 13 credits of 130 hours of learning.

Your learning will cover the following areas:

- **Physical health** - including alcohol awareness, develop an awareness of substance misuse, health and hygiene, healthy lifestyles and issues of substance misuse.
- **Mental Wellbeing** – including anger management, causes of anxiety and dealing with problems, personal resilience, self-esteem and confidence & stress management techniques.

What are the Entry Requirements?

There are no age restrictions for working towards this qualification and no specific prior achievements required.

What are the Assessment Methods?

You will be required to complete a portfolio of evidence to achieve this qualification.

Types of evidence included in your portfolio could include:

- Videos/photographs
- Reflective journals
- Questions/answers
- Worksheets
- Recorded discussions with your tutor

What are the Progression Opportunities?

The qualification has been developed to enable progression to further learning and/or employment.

You may choose to progress to further studies, such as:

- Open Awards Physical Health and Mental Wellbeing (at a higher level)
- Open Awards Independent Living Skills Suite (ie Living in the Community or Looking after Yourself and Your Home)
- Other vocational qualifications at Entry Level and Level 1
- Supported Internships/Voluntary Work

Or you may progress to a support Internship, voluntary work or other employment and having studied this qualification it will equip you to face the opportunities and challenges of working life.

Who supports this qualification?

This qualification is supported by Manor Academy, Abbot's Lea School, and Abbey Hill Academy.