

## Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Applied Health Improvement

**Unit Reference Number:** D/507/6716

**Level:** Two (2)

**Credit Value:** Four (4)

**Minimum Guided Learning Hours:** 15

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Be able to identify facilities which could contribute to the health improvement of individuals and are accessible to the community	1.1 Locate facilities for health improvement in a community; to include facilities for four of the following: a) Healthy eating b) Improving fitness c) Reducing weight d) Reducing alcohol intake e) Stopping smoking f) Sexual health
	1.2 Identify how these facilities could contribute to health improvement
	1.3 Determine how individuals can gain access to these facilities
2. Be able to provide support to individuals wishing to improve their health	2.1 Identify a behaviour change that may result in improvement in health and well-being of an individual
	2.2 Identify two goals that will enable an individual to change their behaviour
	2.3 Identify three factors that may result in resistance to change or regression
	2.4 Outline how an individual can be helped to achieve their goals and overcome any resistance to change and/or setbacks
3. Be able to record outcomes relating to health improvement	3.1 Use two different methods for recording and measuring health improvement outcomes

	3.2	Explain the importance of client confidentiality
4. Be able to communicate with individuals to support their health improvement goals	4.1	Use three different communication methods relevant to health and improvement