

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Anger Management

**Unit Reference Number:** F/615/6391

**Level:** Entry Level Three (3)

**Credit Value:** One (1)

**Minimum Guided Learning Hours:** 10

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand how emotions can affect behaviour	1.1 State a range of emotions that they have experienced and the resultant behaviour
2. Understand ways anger can be used	2.1 Identify when anger can be used: a) positively b) negatively
3. Know the biological changes in relation to anger	3.1 State a range of biological changes in relation to anger: a) internally b) externally
4. Be able to use an anger management technique	4.1 Identify a range of techniques for controlling anger
	4.2 Demonstrate use of an anger management technique