

# Open Awards Qualification Unit



This unit forms part of a regulated qualification.

## 1 Unit Details

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|------------------------|--|
| Unit Title:            | Understand the Importance of Engagement in Leisure and Social Activities in Health and Social Care |
| Unit Reference Number: | A/615/8673   |
| Level:                 | Level 1  |
| Credit Value:          | 3  |
| Minimum GLH:           | 29   |

## 2 Learning Outcomes and Criteria

| Learning Outcome (The Learner will):  | Assessment Criterion (The Learner can):  |
|---|--|
| 1. Understand why leisure and social activities are important for an individual's wellbeing and relationships | 1.1 Outline why leisure and social activities are important for an individual's wellbeing  |
|   | 1.2 Outline how leisure and social activities support relationships  |
| 2. Know a range of leisure and social activities.   | 2.1 Identify a range of leisure and social activities that take place within: <ul style="list-style-type: none"> <li>a) A local community</li> <li>b) A person's own home</li> <li>c) A residential or group living home</li> <li>d) Day care provision</li> </ul>               |
|   | 2.2 Identify a range of leisure and social activities that take place within: <ul style="list-style-type: none"> <li>a) A local community</li> <li>b) A person's own home</li> <li>c) A residential or group living home</li> <li>d) Day care provision</li> </ul>               |
| 3. Understand how a person centred approach supports individuals in leisure or social activities              | 3.1 Describe how to find out about the interests and preferences of individuals  |
|   | 3.2 Outline the benefits for individuals of a person centred approach when taking part in leisure or social activities   |
|   | 3.3 Describe different types of support that individuals may need to take part in leisure and social activities within: <ul style="list-style-type: none"> <li>a) The community</li> <li>b) Their own home</li> <li>c) A residential home or group living arrangement</li> </ul> |
|   | 3.4 Give examples of how to promote independence   |

through leisure and social activities