

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Understand the Importance of Engagement in Leisure and Social Activities in Health and Social Care

Unit Reference Number: A/615/8673

Level: One (1)

Credit Value: Three (3)

Minimum Guided Learning Hours: 29

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the regulations relating to laser safety in the workplace	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"> a) A local community b) A person's own home c) A residential or group living home d) Day care provision
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"> a) The community b) Their own home c) A residential home or group living arrangement
	3.4 Give examples of how to promote independence through leisure and social activities