

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Anger Management

Unit Reference Number: L/615/8080

Level: Level One (1)

Credit Value: One (1)

Minimum Guided Learning Hours: 9

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand how emotions can affect behaviour	1.1 Identify a range of emotions that they have experienced and the resultant behaviour
2. Know how anger can affect society	2.1 Identify when anger has been used in society: a) Positively b) Negatively
3. Understand biological changes in relation to anger	3.1 Identify a range of biological changes in relation to anger: a) Internally b) Externally
4. Understand where to get support and help	4.1 Identify techniques for controlling anger
	4.2 Demonstrate using the identified technique