

Open Awards Qualification Unit



This unit forms part of a regulated qualification. Click [here](#) to view qualifications.

1 Unit Details

Unit Title:	Principles of Health Promotion and Well-being
Unit Reference Number:	K/618/4685
Level:	3
Credit Value:	3
Minimum GLH:	25

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand factors that influence health and well-being	1.1 Explain the relationship between lifestyle and health and well-being
	1.2 Analyse factors which impact on health and well-being
	1.3 Explain the impact of health and well-being on individuals and society
	1.4 Explain community centred approach for health and well-being
2. Understand how principles of behaviour change can be applied to health promotion	2.1 Describe principles of effective behaviour change
	2.2 Explain factors that influence behaviour change
	2.3 Describe barriers to behaviour change
	2.4 Explain how health promotion approaches can affect behaviour change
3. Understand your role in the promotion of public health	3.1 Summarise your role in relation to health promotion and how other agencies can support your work
	3.3 Explain how your role can promote the health and wellbeing of your client group and wider society

3.4 Give examples of how your role can empower your client group and wider society to make their own decisions about health choices

Indicative Content	
LO1	AC 1.1 – when we are discussing lifestyles learners need to look at wider determinants for example housing, financial circumstances, mental health, access to green space as outlined infographics from Health Foundation and the Marmot Reports (2010 and 2020)
LO2	A health promotion approach – learners should be looking to compare health promotion approaches from different perspectives. For example, there 5 approaches to consider, which are behavioural, educational, societal, client centred and medical approaches. For example breast feeding – looking for positive reasons why women should engage in breast feeding – listing the benefits to the baby and mother.