

Open Awards

Unit



Form OAQU

1 Unit Details

Unit Title:	Person-Centred Approach to Weight Management
Unit Code:	PA1/3/WR/021
Level:	Level 3
Credit Value:	3

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the importance of using a person-centred approach to support an individual's weight management	1.1 Explain the benefits for using a person-centred approach when working in weight management services
	1.2 Explain how the risks to health from increased weight can impact an individual's engagement with behaviour change
	1.3 Identify the skills needed in using a person-centred approach
2. Understand the cycle of behavioural change	2.1 Explain the elements of the cycle of behavioural change, including: <ul style="list-style-type: none">• Pre-contemplative• Contemplative• Ready to make changes• Making change• Maintaining change• Relapse
	2.2 Give two different examples of how the cycle of behavioural change can impact clients
3. Understand a range of techniques to facilitate movement through the cycle	3.1 Explain techniques used to engage people in the cycle of change
	3.2 Explain the use of SMART goals

	3.3 Explain how to work with ambivalence
	3.4 Evaluate the effectiveness of these techniques in facilitating healthy change
4. Understand the use of motivational interview techniques to help people to change	4.1 Explain the techniques of motivational interviewing, with references to any assessment tools that can be used#
	4.2 Explain assessment tools that can be used when conducting a motivational interview

Indicative Content	
LO2	Learners can use case studies to demonstrate individuals at different stages of behavioural change.