

Health and Wellbeing Award

The Health and Wellbeing award is made up of 2 units which are:

Unit 1: Exploring Wellbeing (level 3)

The general aim of this unit is to explore what it means to have a sense of personal wellbeing. Differing view of mental, emotional, social and physical health and wellbeing will be considered. Learners will develop an understanding of personal wellbeing as a holistic concept, influenced by individual, social, global and environmental factors.

Unit 2: Improving Wellbeing (level 3)

The general aim of this unit is for learners to undertake an activity aimed at improving the wellbeing of self and/or others. They will participate in setting targets and carrying out a plan for improving wellbeing and will review the planned activity. The will include a review of how the activity has impacted on their personal wellbeing.