

Healthy Living for Well Being and Mental Health Award entry level 3

Course Overview

Do you want to improve your health and get a better understanding of what healthy living is? Or learn how to get a healthy body and keep it? You can start this course at a time to suit you and fit your studies around your existing commitments, learning online at your own pace. You will only complete the assessment when you feel ready. This course will be particularly beneficial if you are 19+ and seeking employment in the care profession or if you'd like to improve your knowledge about staying healthy for personal reasons.

What you will learn

During this online course (six guided learning hours) you will learn about the following: 1) Identifying low and high energy value foods and using food labels to identify the energy value in foods snacks and meals 2) Why it is important to keep a healthy body weight 3) The five food groups and how they relate to body weight and well being 4) Factors related to an unhealthy lifestyle 5) Why regular exercise is important for keeping the body healthy 6) Problems that may be caused by an unhealthy lifestyle

Entry Requirements

There are no formal entry requirements, however a reasonable level of literacy is expected i.e. you can write and speak to make yourself understood. It would be useful to be able to use a keyboard although support is available. If you have any concerns regarding your literacy level or IT skills, please contact us.

How you will be assessed

You will complete short, mock tests at the end of each learning unit. When confident, and following a discussion with your tutor, you will complete a multiple-choice online exam.

Course Fees

You will not be required to pay a fee for this course if you are in receipt of one of the following benefits: Universal Credit JSA or ESA (Employment and Support Allowance Work Related Action Group) low waged. Evidence of benefits will be required on the application.

Course Progression

On completion of this award, your tutor will be able to provide advice and guidance on other online or distance learning courses, or classroom-based programmes. These might include CV writing, interview skills, customer service skills and other short vocational programmes. This qualification will support you to gain employment by improving your confidence. For more detailed advice and guidance about future steps, you can make an appointment with one of our qualified careers advisers who can support you to find the most suitable career path for you and to make the most of your skills and qualifications.

What Happens Next

Apply online via the College website. You will be contacted to attend an interview if required, or you will be sent a conditional offer according to the entry requirements of the course. You will then be invited in to enrol for your chosen course. For applications via JCP, please let your Work Coach know. Subject to individual eligibility and type of benefit, the vast majority of courses are FREE to people in receipt of an employment-related benefit JSA, Universal Credit or ESA (Employment and Support Allowance).

Course Details

Course Code	P00329
Start Date	Various
Study Hours	Part Time
Duration	1 week
Campus	City Skills Centre
Level	Other

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