

Skills for Working in Health, Lifestyle Science Industries Certificate Level 1

Course Overview

If you are looking to work within the health care sector, this course will help to build a good foundation by introducing and developing a better understanding of some of the essential skills that are needed to be more successful in this valued and important field of work. As part of the course, you will explore some sector-specific components as well as giving you choice of additional units to help broaden your skill set and improve your confidence.

What you will learn

This course looks more closely at some of the essential skills that are specific to roles within this sector as well as giving you the flexibility to select from additional units to help improve confidence and expand your general skill set. For the certificate you will need to gain a total of 15 credits. Choose from the following, mandatory units to achieve 10 credits: L1 The Roles and Responsibilities of the Care Worker worth 4 credits L1 Healthy Lifestyle; Essentials worth 2 credits L1 Health and Lifestyle; Factors and Consequences worth 2 credits L1 Mental Health and Well-Being; Fundamentals worth 2 credits Then select from the additional units to achieve a further 5 credits: L1 Health and Safety in the Workplace worth 3 credits L1 Job Seeking Skills worth 3 credits L1 Employment Rights, Contracts and Pay worth 3 credits L1 Employment Skills worth 3 credits L1 Internet Safety for IT Users worth 3 credits L1 Customer Service Skills worth 3 credits L1 Interpersonal Skills worth 3 credits L1 Building Confidence Self-esteem worth 3 credits L1 Environmental Sustainability worth 2 credits

Entry Requirements

There are no formal entry requirements, however, a reasonable level of literacy is required.

How you will be assessed

This qualification is assessed by short answer questions and multiple-choice exams.

Course Fees

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

Course Progression

On completion of this award, your tutor will be able to provide advice and guidance on other online courses, distance learning courses or classroom-based programmes. This qualification will support individuals to gain employment by improving their confidence by gaining new skills and qualifications. 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 then be invited to a pre-course information session. 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	P00338
Start Date	Various
Study Hours	Part Time
Duration	1 week
Campus	City Skills Centre
Level	1

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