

MOSSHEALTHSKILLS

Course: RSPH Level 1 Health Awareness

Reference Number: 1100

This qualification is applicable for everyone, but is especially appropriate: in the workplace setting as an introduction to health awareness; in the health and social care sector, including for those preparing for careers in these sectors or as a foundation for those in support roles to professionals; in education; in public services; and within corporate settings. It would also be appropriate as part of health and lifestyle education for young people, through schools and colleges, and for those starting out in independent living.

With many people experiencing problems related to poor lifestyle choices, a Government priority is to improve the nation's health and wellbeing. This new RSPH Level 1 Award is an important first step which learners can take to improve their own health and to find out more about healthcare matters. The award provides learners with a basic awareness of the principles of health and the impact of various lifestyle choices. It also prepares individuals to take more responsibility for their own health and to work actively with health professionals to manage their own care and that of others. It focuses on both physical and mental health and wellbeing and is applicable both for individuals and in work-based settings. This may be where designated staff have some responsibility for promoting health and wellbeing in the workplace.

Learners can progress to the RSPH Level 2 Understanding Health Improvement award or other RSPH Level 2 Awards in more focused topics e.g. Healthier Food & Special Diets.

The award can be delivered as a 1 day training programme or in other formats to suit employers and learners.

Content:

- Definitions of health
- Public Health & personal Health
- Reducing personal health risks through preventative measures; hand hygiene, immunisation, screening services
- Lifestyle choices and their affects
- Health and work; the impact of working environments on health
- Working in partnership/collaboratively with health and care services

Award assessment, 20 MCQ questions



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