

YMCA Level 1 Award in Health Champions (601/6693/9)

Purpose Statement

Overview

Who is this qualification for?

The YMCA Level 1 Award in Health Champions is aimed at learners, over the age of 14, who wish to deliver healthy lifestyle messages in readily understandable ways to those who are their equal in such respects as age, education or social class.

It provides progression from existing healthy lifestyle leadership programmes, which are currently being delivered in primary schools and supports Ofsted inspection of SMSC (spiritual, moral, social and cultural development.) and also fills a gap within the provision of current offerings for young offenders.

Whilst gaining this qualification, learners also acquire key generic personal development and employability skills such as research skills, problem solving, confidence, communication and presentation skills, effective planning, and evaluation methods

What prior qualifications/levels of attainment are needed to take this qualification? Are there any age restrictions?

No prior qualifications are required

What does this qualification cover?

The YMCA Level 1 Award in Health Champions is regulated by Ofqual and comprises a total of 6 credits.

A minimum of 4 credits must be obtained from the following mandatory units:

- Peer Leadership (2 Credits)
- Health Improvement (2 Credits)

A further 2 credits must be obtained from the following optional units

- Understanding alcohol misuse (1 credit)
- Encouraging physical activity (1 credit)
- Encouraging a healthy weight and healthy eating (1 credit)
- Understanding body image (1 credit)

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- Developing confidence and self-esteem (1 credit)
- Understanding feelings and emotions (1 credit)
- Recognising and dealing with bullying (2 credits)
- Understanding drugs and substance misuse (1 credit)
- Develop an awareness of relationships and sexual health (1 credit) □ Smoking awareness (1 credit)

No work experience is required to complete this qualification

What could this qualification lead to?

Future employment possibilities

Work within community/external Health Improvement services, or similar, as a young health champion/ambassador, delivering/promoting key current health messages or as an early gateway to careers in the broader health and social care sector.

This qualification supports the personal growth of a learner by helping them develop knowledge, skills and abilities which could lead to a career in the health and wellbeing (i.e. fitness/ healthcare / social care sectors) and make the learner more prepared for future employment

Progression to further/higher level learning

This qualification provides progression to other healthcare/fitness qualifications such as:

- L2 Certificate for Young Health Champions
- L2 Diploma in Promoting Health and Wellness
- L2 Award in Community Activation
- L2 Certificate in Fitness Walking
- L2 Diploma in Health, Fitness and Exercise Instruction
- L2 Certificate in Fitness Instructing

Who supports this qualification?

CIMSPA

<http://www.cimspa.co.uk/>

Youth Sport Trust

<http://www.youthsporttrust.org/about-us.aspx>

Astara Training Ltd

<http://www.astaratraining.co.uk/>

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