

YMCA Awards Level 1 Award in Lifestyle Management 500/8442/2

Purpose Statement

Overview

This qualification is designed for the learner who has not yet identified the fitness industry as a potential career route. The learner will gain an understanding of how to manage their own lifestyle with a view to making improvements in health and wellbeing.

Who is this qualification for?

- Those wanting to improve their own health and well being
- Those wishing to take their first step towards a full Level 2 qualification.

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

No prior qualifications are needed to take this qualification

There are no age restrictions; learners may be pre-16.

What does this qualification cover?

The YMCA Awards Level 1 Award in Lifestyle Management is regulated by Ofqual and comprises of a total of 8 credits.

8 credits are achieved through completion of the following mandatory units:

- Lifestyle Management (2 credits)
- Developing Self (2 credits)
- Making the Most of Leisure Time (2 credits)
- Introduction to Healthy Eating (2 credits)

Key topics/skills/knowledge covered:

- their lifestyle choices and identify where positive changes could be made to improve health and wellbeing
- personal development and how their personal skills, abilities and behaviours can be improved
- a variety of leisure activities and state a preference to what they do in their leisure time
- the benefits of a balanced diet and its contribution to a healthy lifestyle
- the importance of maintaining a healthy diet

What could this qualification lead to?

Progression to further/higher level learning

awarding excellence

This qualification provides progression to other qualifications at the same and higher levels, for example:

- Level 1 Award in Fitness and Physical Activity
- Level 2 Award in Nutrition for Healthy Living
- NVQ Certificate in Active Leisure, Learning and Well-being Operational Services

Who supports this qualification?

This qualification is supported by:

Tresham College of Further and Higher Education
Windmill Avenue
Kettering
Northants
NN15 6ER

www.tresham.ac.uk

Tresham College values this qualification because they have stated it is a solid pre requisite for the Level 2 Fitness Instructor Qualification

Health and Fitness Education (Training Provider)
7&8 Roundhouse Court
Barnes Wallis Way
Business Centre
Chorley
Lancashire
PR7 7JN

www.hfe.co.uk

Health and Fitness Education values this qualification because they feel it allows learners who are not suitable to higher level skills to still get the opportunity to study knowledge and skills that improve the quality of their health and lifestyle.

Petroc College of Further and Higher Education
Old Sticklepath Hill
Barnstaple
Devon
EX31 2BQ

www.petroc.ac.uk