

YMCA Awards Level 2 Certificate for Young Health Champions (601/2656/5)

Purpose Statement

Overview

Who is this qualification for?

- Those who work with young people and wish to deliver healthy lifestyle messages at a community level.
- Those seeking a qualification which fills the gap between informal training and higher level training aimed at health professionals

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

No prior qualifications are required, however, this qualification is aimed at individuals within the community who can act as credible role models for their peers, neighbours and community groups. A degree of life experience and communication skills are required and therefore this qualification may not be suitable for learners under the age of 16.

What does this qualification cover?

The YMCA Awards Level 2 Certificate for Young Health Champions is regulated by Ofqual and comprises of a total of 12 credits plus further optional units to the value of a further 3 units. The qualification therefore has a total credit value of 15 credits

It equips learners with specialist knowledge, understanding and skills relevant to the role of a young health champion.

Mandatory units

- Health Improvement (2 credits)
- Research Health Improvement Facilities (4 credits)
- Deliver a health improvement message to a group of peers (6 credits)

Optional units (chose units to the value of 3 credits)

- Understanding Alcohol misuse (1 credit)
- Encouraging Physical Activity (1 credit)
- Encouraging a Healthy Weight and Healthy Eating (1 credit)
- Understanding Sexual Health (1 credit)
- Understanding body image (1 credit)
- Mental Health and Wellbeing (2 credits)

Key topics/skills/knowledge covered:

awarding excellence

- Health Improvement (Alcohol misuse, encouraging healthy lifestyle factors, sexual health, body image, mental health and well-being)
- Research Health Improvement Facilities (referral networks)
- Delivering a health improvement message to a group of peers

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment as a 'young Health champion' or similar roles within the health/active leisure sectors.

Progression to further/higher level learning

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

- 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
- L3 Certificate in Personal Training
- L3 Diploma in Personal Training and Instruction

Who supports this qualification?

This qualification is supported by REPs, an independent public Register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. One of its key functions is to provide a system of regulation for instructors and trainers to ensure that they meet the Health and Fitness Industry's agreed national occupational standards. Read more about REPs here: <http://www.exerciseregister.org/about-reps/about-reps>