

YMCA Level 1 Award in Body Image and the Relationship to Wellbeing (600/7385/8)

Qualification Specification



YMCA Awards

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Level 1 Award in Body Image and the Relationship to Wellbeing

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Qualification number: 600/7385/8

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Introduction

About YMCA Awards

At YMCA Awards, we are passionate about learner progress. Our qualifications support every learner, whether taking their first steps into fitness or simply wishing to boost their skills. Our high-quality resources and assessment materials have been created by leading industry experts in consultation with employers and training providers.

YMCA Awards are an internationally recognised organisation. We are highly respected in health and fitness circles, and most importantly of all we have helped over 200,000 people launch and advance their careers.

Qualification overview

This qualification is regulated by:

- Ofqual
- CCEA (Council for the Curriculum, Examinations and Assessment)
- QW (Qualifications Wales)

Qualification aim

The aim of this qualification is to help the learner understand and appreciate the concept of body image and explore some of the positive lifestyle choices they can make to help them lead a healthy and active lifestyle.

Overview of knowledge, skills and understanding

Learners will cover:

Knowledge and understanding relating to the qualification

- Understand the influences of body image.
- Know what is meant by self-esteem.
- Understand ways of building confidence and self-esteem.
- Understand how active leisure pursuits contribute to fitness.
- Understand the range of active leisure pursuits available to them.
- Understand the benefits and components of a balanced diet.

Skills relating to the qualification:

- Be able to participate in a range of active leisure pursuits.
- Be able to review a range of active leisure pursuits.
- Be able to prepare a healthy meal.

Target group and age range

There are no age restrictions for this qualification.

Qualification structure

To achieve the YMCA Level 1 Award in Body Image and the Relationship to Wellbeing learners must complete 2 units.

Unit reference number	Unit title	Level	Credit
D/504/5482	Understanding body image	1	1
J/504/5489	Exploring active leisure pursuits and healthy eating	1	1

The Total Qualification Time (TQT) for this qualification is 20. The Guided Learning Hours (GLH) assigned are 9.

Total Qualification Time (TQT)

This is an estimate of the total amount of time, measured in hours that a learner would reasonably need to be able to show the level of achievement necessary for the award of a qualification.

Total Qualification Time is made up of the following two elements:

- (a) the number of hours which an awarding organisation has assigned to a qualification for Guided Learning (see below), and
- (b) an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

Guided Learning Hours (GLH)

This is:

- Face-to-face delivery (learning delivered by a lecturer, supervisor, tutor or other appropriate member of the training team).
- e-Learning with a lecturer, teacher or tutor present/available in real time (the co-presence of learner and tutor can be either remote or in the same physical place)
- Invigilated assessment (external tests sat under controlled or open-book conditions)
- Internal assessment carried out by the learner with a lecturer, teacher or tutor present/available in real time (the co-presence of learner and tutor can be either remote or in the same physical place).

This is **not**:

Unsupervised learning such as:

- e-Learning that the learner carries out unsupervised and with no real-time support from a lecturer, teacher or tutor
- Assessment internally carried out by the learner without a lecturer, teacher or tutor present/available in real time (for example, completing a Learner Assessment Record (LAR) at home)
- Any additional further study, revision and training activities that the learner does unsupervised to support their learning.

Recommended Guided Learning Hours – our ongoing review

Your External Quality Assurer (EQA) will ask you to feedback on GLH annually as part of the quality assurance visit. You should base your feedback on a typical learner taking this qualification and the time spent on supervised learning (GLH). If you feel the GLH is different from the above and you wish to feedback before your next EQA visit, please email us: awards.products@ymca.co.uk.

Entry requirements

There are no entry requirements for this qualification.

Opportunities for progression

Learners may progress to further qualifications such as:

- Level 1 Award in Fitness and Physical Activity
- Level 1 Award in Introduction to Lifestyle Management
- Level 1 Award in Lifestyle Management
- Level 1 Award in Introduction to Personal Wellbeing.

Mapping to standards

There are currently no occupational standards for this qualification.

Centre approval

This qualification can only be offered by centres approved by YMCA Awards to deliver it. Details of YMCA Awards approvals processes can be found on our website:

www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre.

Qualification approval

If your centre is already approved, you should only need to complete and submit a qualification approval form to deliver this qualification. However, you may also need to complete an additional staff approval form if the qualification is going to be delivered by staff who are not currently approved by YMCA Awards. Details of additional approvals can be found on our website: www.ymcaawards.co.uk/approvals.

Tutor, assessor and IQA approval requirements

To make sure you meet the most up-to-date requirements please see the YMCA Awards staff approval requirement document. This can be found on our website: www.ymcaawards.co.uk/centres/centre-guidance.

Registration

All learners must be registered within the first 10% of the duration of their course (e.g. for a course that lasts 10 days, learners should be registered on the first day of their course at the latest). For further details on registration please go to our website: www.ymcaawards.co.uk/registration.

Qualification availability

This qualification is available in:

- England and regulated by Ofqual
- Northern Ireland and regulated by CCEA (Council for the Curriculum, Examinations and Assessment)
- Wales and regulated by QW (Qualifications Wales).

Reasonable adjustments and special considerations

In making this qualification available, YMCA Awards has made every attempt to make sure that there are no unnecessary barriers to achievement. You can find full details of our reasonable adjustment and special considerations policy on our website: www.ymcaawards.co.uk/centres/policies-and-procedures.

Enquires and appeals procedures

YMCA Awards has an appeals procedure in accordance with the regulatory arrangements in the General Conditions of Recognition. Full details of these procedures are available on our website: www.ymcaawards.co.uk/centres/policies-and-procedures.

Assessment and quality assurance

How the qualification is assessed

Assessment is the process of measuring a learner's skills, knowledge and understanding against the standards set in the qualification.

This qualification is a unit-based qualification and each unit contains learning outcomes and assessment criteria. Learning outcomes set out what the learner is expected to know, understand or be able to do as a result of the learning process. Assessment criteria detail the standards a learner is expected to meet and are broken down into what the learner 'can' do as a result of successfully achieving the unit.

The learner can be assessed holistically or individually as long as they show that the learning outcomes have been achieved.

Competency-based learning outcomes (eg, be able to) are typically assessed through direct observation and these will take place in a real work environment. Where a real work environment is not stipulated the observation can be simulated and be internally assessed.

Knowledge-based learning outcomes (eg, know or understand) can be assessed in a number of different ways such as worksheets, projects, professional discussion etc. The assessment method chosen should reflect the content of the unit.

This qualification must be assessed in line with YMCA Awards assessment policies and procedures www.ymcaawards.co.uk/centres/centre-guidance

The YMCA Awards Level 1 Award in Body Image and the Relationship to Wellbeing is assessed through internal assessment.

Internal assessment

YMCA Awards suggest the following approaches to internal assessment:

Using a Learner Assessment Record (LAR)

This document typically contains assessment guidance and paperwork developed by YMCA Awards to support the assessment of a qualification.

To check if a Learner Assessment Record (LAR) is available for this qualification, please make sure you are logged in to the centre home on the website and follow this link: www.ymcaawards.co.uk/download-resources/lars.

Creating a portfolio of evidence

If a YMCA Awards LAR is not used to evidence internal assessment then the learner must create a portfolio of evidence. Centres must work with learners to create this portfolio and need to make sure that the learner's portfolio shows coverage of the learning outcomes and/or assessment criteria where required.

A typical portfolio of evidence could include:

- Evidence index
- Assessor observation – completed observational checklists and related action plans
- Witness testimony
- Candidate’s proof of work
- Worksheets
- Assignments/projects/reports/presentations
- Record of professional discussion
- Record of oral and written questioning
- Candidate and peer reports
- Recognition of Prior Learning (RPL)
- Summary of achievement.

Centres need to make sure assessment specifications and paperwork are signed off by the EQA before delivery.

As a guide to selecting appropriate assessments methods see the suggested example in the ‘Qualification content’ section of this specification.

External assessment

There is no external assessment for this qualification.

Assessors

The role of the assessor is to make an informed judgement about the evidence a learner should provide to show they can meet the assessment criteria. For further guidance please see the ‘Role of the assessor’ document on the website: www.ymcaawards.co.uk/centres/centre-guidance.

Internal and external quality assurance

The role of the internal quality assurer (IQA) is to make an informed judgement(s) regarding the practice of and decisions made by the assessment team to maintain standards. They are a vital link between the assessors and the external quality assurer (EQA). For further information on the role of the IQA and the EQA go to the website: www.ymcaawards.co.uk/centres/centre-guidance.

Qualification content

Unit specifications and recommended assessment methods

Understanding body image (D/504/5482)

Unit aim

This unit provides learners with the knowledge to help them understand body image.

Unit content

The learner will:

1. Understand the influences on body image

The learner can:

1.1 state what is meant by 'body image'

1.2 give an example of a positive and a negative portrayal of bodies in the media

1.3 outline influences on body image and the impact these have on young people

The learner will:

2. Know what is meant by 'self esteem'

The learner can:

2.1 define self esteem

2.2 identify factors that affect self esteem

The learner will:

3. Understand ways of building confidence and self esteem

The learner can:

3.1 identify ways of building confidence and self esteem

3.2 outline a situation where someone might lack confidence/self esteem

3.3 outline how confidence-building strategies could be applied to this situation

Assessment
specification

Worksheet

Exploring active leisure pursuits and healthy eating (J/504/5489)

Unit aim

This unit helps the learner explore some of the positive lifestyle choices they can make to help them lead a healthy and active lifestyle.

Unit content

The learner will:

1. understand how active leisure pursuits contribute to fitness

The learner can:

1.1 identify the structure and function of the body in relation to exercise and fitness

1.2 list the components of total fitness

1.3 list the components of physical fitness

1.4 define the principles of training

The learner will:

2. understand the range of active leisure pursuits available to them

The learner can:

2.1 describe a range of active leisure pursuits available to them

The learner will:

3. be able to participate in a range of active leisure pursuits

The learner can:

3.1 make arrangements to take part in different active leisure activities, to include:

- a relaxing activity
- a challenging activity
- an activity which involves learning a new skill

The learner will:

4. be able to review a range of active leisure pursuits

The learner can:

4.1 describe their experiences of the activities

4.2 state their preference for one activity from those tried out

4.3 give reasons for this preference

The learner will:

5. understand the benefits and components of a balanced diet

The learner can:

5.1 explain why a balanced diet is important in maintaining a healthy lifestyle

5.2 outline the impact of a poor diet on an individual's health

5.3 identify the main food groups needed to maintain a balanced diet

The learner will:

6. be able to prepare a healthy meal

The learner can:

6.1 plan a balanced meal

6.2 prepare a balanced meal

Assessment
specification

Worksheet (MCQ), leaflet/pamphlet, activity log and review, plan and prepare a balanced meal



YMCA Awards is one of the UK's leading health, fitness and wellbeing specific awarding organisations. It offers training centres and learners across the world a diverse suite of qualifications, from introductory (Level 1) to advanced levels (Level 4).

YMCA Awards issues over 30,500 qualification certificates a year, helping learners in the UK and overseas to launch and progress their careers in the active leisure sector.

*To view YMCA Awards' full range of qualifications please visit
www.ymcaawards.co.uk.*

www.ymcaawards.co.uk

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