

Highfield Level 1 Award in Health and Wellbeing (RQF)

Who is this qualification for?

This is a knowledge-only qualification that provides underpinning knowledge and understanding in relation to health, wellbeing, and personal safety. The qualification can be taken by learners preparing to enter employment or by those who are already in employment. Topics covered include: the benefits of staying fit and healthy, knowing the effects of alcohol consumption, how to find support and advice on mental health, knowing the importance of maintaining a work-life balance and the importance of personal safety.

Assessment Method

This qualification is assessed through the completion of a portfolio/e-portfolio of evidence that will also be internally quality assured by the centre.

How long will it take?

The total qualification time for this qualification is 16 hours, of which 13 are recommended as guided learning hours.

Learners must complete the one unit contained within the mandatory group.

Mandatory group

Unit reference	Unit title	Level	GLH	Credit
T/618/4012	Understand health and wellbeing	1	13	2



Email: info@deereapprenticeships.com

Call: 01623 372025

www.deereapprenticeships.com

