



# Global Training Centre

## 101, Lockhurst Lane, Coventry, CV6 5SF

Course Name	Level 1 Award in Healthy Living
Qualification achieved	TQUK Level 1 Award in Healthy Living (RQF) 601/7813/9

<b>Course Structure</b>
<p>This course is completed as a distance learning qualification by:</p> <ul style="list-style-type: none"><li>• Individual research at home under the guidance of your personal assessor</li><li>• Telephone assessment appointments to discuss your evidence and/or submitting written evidence to your assessor</li></ul> <p>There is no observation of practice at your place of employment required to complete this course.</p> <p>There are no exams required to achieve the qualification</p>
<b>Course Duration</b>
<p>This course can be completed in as little as 3 weeks. Average learning time is 10 hours. This course has a limit of 3 months to complete from enrolment date.</p>
<b>Costs</b>
<p>This course is non funded and costs £75 to undertake. We are able to offer an instalment plan to those that require it but release of certification is not possible until the cost of the course is paid in full.</p>
<b>Who can enrol for this course?</b>
<p>Must be aged 16+. Anyone who is employed. Anyone with pending employment. Anyone who works in health care sector but not necessarily working directly with individuals requiring care (for example admin staff, receptionist, kitchen staff, housekeepers)</p>
<b>Entry Requirements</b>
<p>There are no specific entry requirements</p>
<b>Who is this course suitable for?</b>
<p>This course is designed for</p> <ul style="list-style-type: none"><li>• Individuals with employment, regardless of sector</li><li>• Individuals with pending employment, regardless of sector</li><li>• Individuals wishing to move into a career where understanding healthy living is integral</li></ul>
<b>Certification</b>
<p>Upon successful completion of this course you will be issued with a hard copy of your certificate</p>

<b>What will I learn by taking this course</b>
<p>This course has 1 mandatory unit</p> <ul style="list-style-type: none"><li>• Healthy Living</li></ul>

The benefits of taking this course will provide you with the knowledge and understanding of

- The qualification develops learners' knowledge and understanding to enable them to adopt a healthy lifestyle. It develops and recognises learner's personal knowledge and skills to prepare them for further learning or training.
- Understand how to keep a healthy body weight
- Understand the requirements of a healthy diet
- Understand why a healthy lifestyle is important