



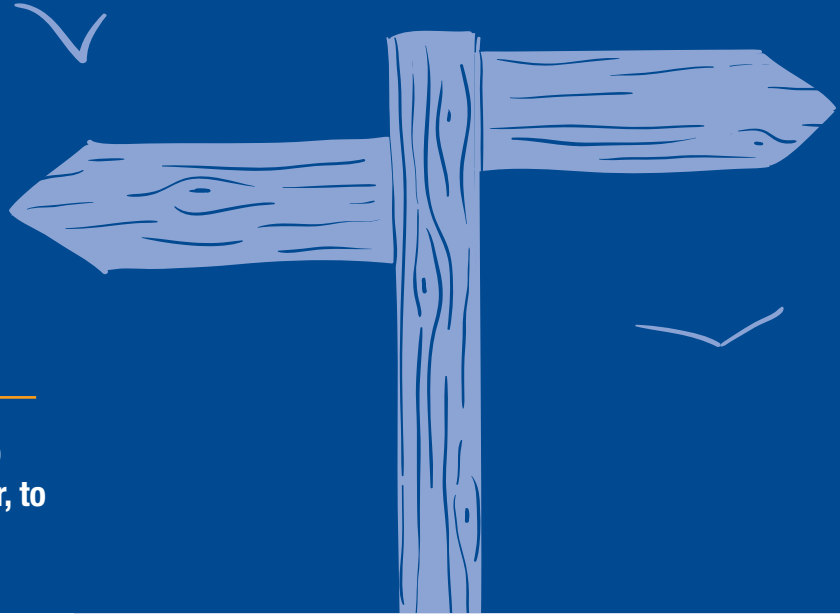
**CIMSPA**  
Endorsed

**Professional  
Standards**

**RSPH**  
ROYAL SOCIETY FOR PUBLIC HEALTH  
VISION, VOICE AND PRACTICE

**Level 3**

# Certificate in Health & Wellbeing Improvement



This qualification is designed for learners who want to work in a role, such as a health trainer, to support the public's health and wellbeing.

## WHO NEEDS THIS QUALIFICATION?

- Link workers
- Social prescribers
- Health champions
- Health & Fitness professionals
- People working in community health and wellbeing
- Voluntary and Community professionals
- Anyone whose role includes signposting to health improvement and community activities

## WHY RSPH?

RSPH is the UK's leading independent OFQUAL regulated awarding body for public health qualifications.

This qualification has been developed with the support of Public Health England and is mapped to the Public Health Skills & Knowledge Framework.

## WHAT DOES THIS QUALIFICATION COVER?

- Principles of health improvement
- How to support behaviour change
- Social determinants of health
- Behaviour change theories and techniques
- Data protection and safeguarding
- How to conduct motivational consultations

## HOW IS IT ASSESSED?

Candidates will be assessed by multiple-choice examinations, the production of a report and a portfolio, and a selection of centre devised assessments. These may include assignments, written examinations, portfolios of evidence and professional discussion.



**Guided Learning time:  
163 hours**

**Total qualification time:  
344 hours**

**6 units**

