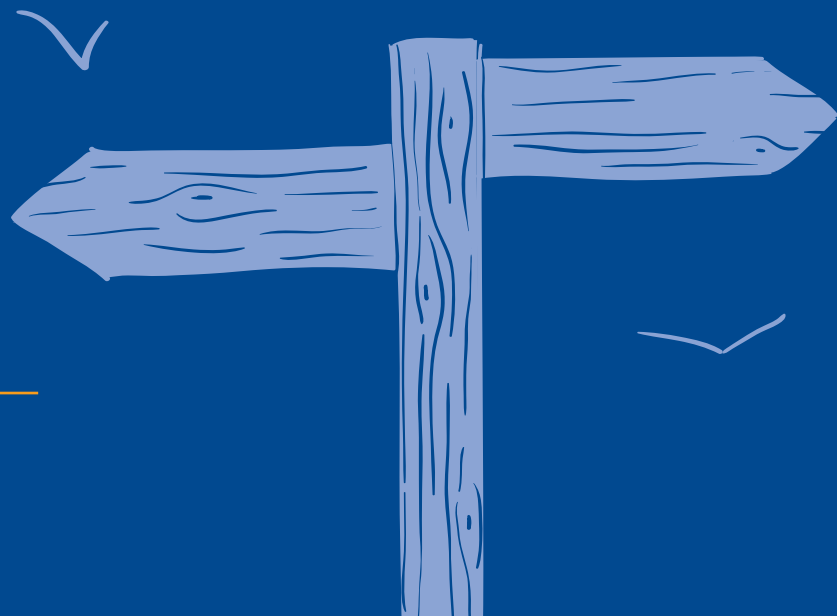


## Level 3

# Diploma in Health & Wellbeing Improvement



This qualification will give learners the knowledge and practical skills they need to improve the overall wellbeing of individuals, groups and communities.

### WHO NEEDS THIS QUALIFICATION?

- Health trainers
- People working in a community care role
- Social prescribing link workers
- Health & Fitness professionals
- Wellbeing coaches
- Health champions

### 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?

- The core principles of health improvement
- Methods to support behaviour change
- Causes of health inequalities between individuals and communities
- What the roles and responsibilities are for someone who helps people to improve their health and wellbeing
- How to conduct a motivational consultation with a client
- Creating and carrying out client-led action plans

### HOW IS THIS QUALIFICATION ASSESSED?

Candidates are assessed by multiple-choice examinations and a combination of centre-devised assessments. These assessments may include assignments, written examinations, professional discussions and producing a portfolio of evidence.



**Guided Learning time:**  
213 hours

**Total qualification time:**  
454 hours

**7 units**

