

Level 2 Award in Encouraging Physical Activity

January 2020

Guided Learning Hours: 6 hours

Total Qualification Time: 10 hours

Ofqual Qualification Number 600/9950/1

Description:

The objective of this qualification is to enable individuals with an interest in health help others develop a healthier lifestyle by encouraging physical activity. Learners will increase their knowledge and understanding of why individuals may not actively participate in physical activity, the health benefits of physical activity and how individuals can be helped and supported to improve their health by increasing their level of physical activity.

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Unit YHC 5 Encouraging Physical Activity

Guided Learning: 6 hours

Total Unit Time: 10 hours

Unit Level: 2

Unit reference number: M/505/2128

Summary of Learning Outcomes:

To achieve this unit a candidate must:

1. **Understand the health benefits of physical activity, by being able to meet the following assessment criteria:**
 - 1.1 Describe **THREE** effects of physical activity on health.
 - 1.2 Describe **THREE** effects of physical activity on mental health and well-being.
 - 1.3 Outline the recommended levels of physical activity required for health for young people and adults.

2. **Understand factors that affect an individual's participation in physical activity, by being able to meet the following assessment criteria:**
 - 2.1 Outline **THREE** social factors that may affect an individual's participation in physical activity.
 - 2.2 Outline **THREE** individual-specific factors that may affect participation in physical activity.

3. **Know how to encourage individuals to increase their level of physical activity, by being able to meet the following assessment criteria:**
 - 3.1 List **THREE** agencies / organisations which encourage physical activity for health and outline the services provided.
 - 3.2 Describe **THREE** ways by which an individual could be encouraged to increase their level of physical activity.
 - 3.3 Identify **THREE** barriers to changing behaviour with regard to physical activity and how these can be overcome.

Content:

1 Understand the health benefits of physical activity

- 1.1 *Effects of physical activity on health:* Reduction in severity of major illnesses such as CHD, strokes, hypertension, diabetes. Increased fitness, activity levels.
- 1.2 *Effects of physical activity on mental health and well-being:* Improved self esteem, mood, social interactions, reduction in stress, release of endorphins, increased mental alertness, improved sleep.
- 1.3 *Recommended levels of physical activity required for health for young people and adults:* Current recommended guidelines.

2 Understand factors that affect an individual's participation in physical activity

- 2.1 *Social factors that may affect an individual's participation in physical activity:* Access, transport costs, safety, availability, cultural.
- 2.2 *Individual-specific factors that may affect participation in physical activity:* Gender, individual capability, interest and motivation, competing factors on time, cultural and religious, attitudes and beliefs, role models.

3 Know how to encourage individuals to increase their level of physical activity

- 3.1 *Agencies / organisations which encourage physical activity for health:* Agencies and organisations such as NHS, Sport England, local authorities, schools, leisure centres, youth clubs.
- 3.2 *Ways by which an individual could be encouraged to increase their level of physical activity:* Methods such as joining a club / gym, walking / cycling rather than use car or public transport, encouraging spectating as prelude to participation, need to stress health and enjoyment aspects, peer pressure.
- 3.3 *Barriers to changing behaviour with regard to physical activity and how these can be overcome:* Barriers such as apathy, physical and mental health, embarrassment.

Methods for overcoming barriers such as influence of role models, peer pressure, education, aspirations, opportunities, motivation, self-efficacy.

Assessment:

Attainment of the Learning Outcomes for this unit will be assessed by learner's completing a workbook which covers each of the learning outcomes. The completed workbooks will be assessed by the centre and assessment decisions will be externally verified by RSPH.

Tutor and learner versions of the workbook are available from **Resources** in the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk).

The workbook is provided by RSPH but centres can apply to RSPH for permission to develop their own workbooks or to use an alternative assessment method such as written examinations or multiple-choice examinations. Alternative assessment methods or workbooks cannot be used without the written approval of RSPH.

Centre Guidance:

Registration of Candidates:

Candidates must be registered with RSPH and have a candidate number before any work can be submitted for external verification.

Candidate registration forms can be downloaded from the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk).

Submission of completed candidate workbooks:

Centres should follow the RSPH procedures for submitting internally assessed work for external verification. These can be found under **Resources** in the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk). The workbooks (tutor and learner versions) can be obtained from **Resources**.

How to apply to offer this qualification:

To become a centre approved to offer this qualification, please complete the 'Centre Application Form' which can be found on our website in the Qualifications and Training section. If you are already an approved centre, please complete the 'Add an additional qualification form' which can be downloaded from the Centre area on the website www.rsph.org.uk. Please ensure that you include details of your quality assurance procedures. You will need to attach a CV to this application. Please contact the Qualifications Department at centreapproval@rsph.org.uk if you need any assistance.

National Occupational Standards:

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

CHD ED3 Encourage behaviour and activities that reduce the risk of Coronary Heart Disease (CHD)
HT3 Enable individuals to change their behaviour to improve their own health and wellbeing.

Further details of these National Occupational Standards can be obtained from RSPH Qualifications.

Special Assessment Needs:

Centres that have candidates with special assessment needs should consult The Society's *Reasonable adjustments and special consideration* policy; this is available from The Society and The Society's web site (www.rsph.org.uk).

Progression:

Learners who achieve this qualification can progress to the following qualifications:

RSPH Level 2 Award in Understanding Alcohol Misuse
RSPH Level 2 Award in Encouraging a Healthy Weight and Healthy Eating
RSPH Level 2 Award in Understanding Sexual Health
RSPH Level 2 Award in Supporting Smoking Cessation
RSPH Level 2 Award in Understanding the Misuse of Substances
RSPH Level 2 Award in Understanding Emotional Wellbeing
RSPH Level 2 Award in Understanding Health Improvement

Recommended Qualifications and Experience of Tutors:

The Society would expect that tutors have teaching experience and a qualification in a relevant subject area, but recognises that experienced teachers can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of teaching experience.

Centres should be registered with RSPH.

Other Information:

All RSPH specifications are subject to review. Any changes to the assessment or learning outcomes of this qualification will be notified to Centres in advance of their introduction. To check the currency of this version of the specification, please contact the Qualifications Department or consult the RSPH website.

Contact Details:

Any enquiries about this qualification should be made to:

The Qualifications Department,
Royal Society for Public Health,
John Snow House,
59 Mansell Street
London E1 8AN

Tel. 020 7265 7300
Fax. 020 7265 7301
Email examinations@rsph.org.uk
www.rsph.org.uk