**Candidate Assessment Summary Form**

**Level 2 Award in Applied Health Improvement**

**Unit Two: Applied Health Improvement**

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| **Learning Outcome/Assessment Criteria** | **Evidence for Achievement1** | **Assessor Decision2** |
|  |  |  |
| **Be able to identify facilities which could contribute to the health improvement of individuals and are accessible to the community.** |  |  |
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| Locate facilities for health improvement in a community; to include facilities for **FOUR** of the following: healthy eating, improving fitness, reducing weight, reducing alcohol intake, stopping smoking, sexual health. |  |  |
| Identify how these facilities could contribute to health improvement. |  |  |
| Determine how individuals can gain access to these facilities. |  |  |
|  |  |  |
| **Be able to provide support to individuals wishing to improve their health.** |  |  |
|  |  |  |
| Identify a behaviour change that may result in improvement in health and well-being of an individual. |  |  |
| Identify **TWO** goals that will enable an individual to change their behaviour. |  |  |
| Identify **THREE** factors that may result in resistance to change or regression. |  |  |
| Outline how an individual can be helped to achieve their goals and overcome any resistance to change and / or setbacks. |  |  |
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| **Be able to record outcomes relating to health improvement.** |  |  |
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| Use **TWO** different methods for recording and measuring health improvement outcomes. |  |  |
| Explain the importance of client confidentiality. |  |  |
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| **Be able to communicate with individuals to support their health improvement goals.** |  |  |
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| Use **THREE** different communication methods relevant to health improvement. |  |  |

Award of unit / qualification recommended:

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|  | YES / NO | Name | Signature | Date |
|  |  |  |  |  |
| Assessor |  |  |  |  |
| Internal Verifier |  |  |  |  |