

Unit 118: Understand Planning and the Practical Application of Health Promotion

Level:	2
Unit type:	Optional
Credit value:	2
Guided learning hours:	12

Unit Aim

This unit is concerned with health promotion related to general health and well-being. It covers the scientific basis of health promotion, the practical application of health promotion and methods of health promotion planning.

Assessment requirements

This unit must be assessed in line with *Skills for Health Assessment Principles for Qualifications that Assess Occupational Competence* document. Detailed information can be found in *Annexe A* of the qualification specification.

Learning outcomes The learner will:	Assessment criteria The learner can:
1 Understand methods of health promotion planning	1.1 Outline the stages of a health promotion project
	1.2 Distinguish between aims and objectives
	1.3 Explain the importance of needs assessments
2 Understand practical application opportunities for health promotion	2.1 Recognise appropriate applications of own health promotion knowledge
	2.2 Identify opportunities for health promotion within own workplace
	2.3 Outline strategies for health promotion opportunities

Learning outcomes The learner will:	Assessment criteria The learner can:
3 Understand the scientific basis of health promotion	3.1 Describe the evidence available for the cause(s) of one body system-related disease
	3.2 Identify the effect of this disease on general health and well-being
	3.3 Review current methods of disease prevention
	3.4 State appropriate health promotion messages