

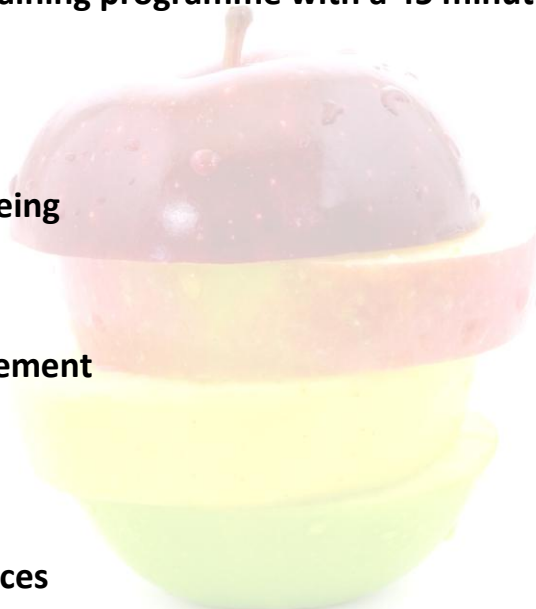
**UNDERSTANDING HEALTH
IMPROVEMENT
LEVEL 2
COURSE CONTENT**

This accredited qualification equips staff to motivate and support individuals both within the workplace and the community to adopt a healthier lifestyle by providing knowledge and understanding of the benefits of good health and barriers to making change.

The course is a one day training programme with a 45 minute assessment.

Topics covered:

- **Basic Concepts of Health**
- **Promoting Health and Wellbeing**
 - **Physical Activity**
 - **Nutrition**
- **Influences on Health Improvement**
 - **Behaviour Change**
 - **Goal setting**
- **Stress Awareness**
 - **Causes and consequences**
- **Communication**
 - **Four basic skills**
 - **Barriers**
- **Handling Confidential Information**
- **Evaluation Methods**



A WORKING FILE AND RESOURCES WILL BE PROVIDED