

YMCA Certificate in Supporting Wellness through Lifestyle Behaviour Change Level 3



In a nutshell

The objective of this qualification is to provide learners with the knowledge, understanding and skills to promote the health and wellbeing of individuals, groups and communities so that people can make improvements and changes to their lives by positive behaviour change or by adopting activities and practices that will have a positive effect on their physical and mental health and wellbeing.

This course is for you if...

This qualification will be appropriate for individuals active in a number of roles such as: health trainers, care navigators, health and wellbeing advocates, social prescribing link workers, health mentors, health coaches, and wellbeing support workers, champions and connectors.

It is also suitable for those working in a health champion or related role such as community workers, health advisors or in the wider public health workforce who are wishing to progress their career in this area.

What will I be doing?

To achieve the YMCA Level 3 Certificate in Supporting Wellness through Lifestyle Behaviour Change learner must complete all mandatory units. This qualification is made up of 4 mandatory units.

The qualification comprises the following mandatory units:

Mental health awareness and support
Determinants of health and health inequalities
Professional practice for health navigators

Fundamentals for supporting lifestyle behaviour change.

What comes next?

This qualification is an occupational entry qualification. This means it meets the agreed industry prerequisites to enter the sport and physical activity sector as an employed or self-employed Health Navigator.

This qualification can also lead to further training at the other levels to specialise and increase scope of practice. For example:

Lifestyle specialisms (to support work with a broader range of needs):

YMCA Level 2 Award in Smoking and vaping awareness and support
YMCA Level 2 Award in Alcohol and substance misuse awareness and support
YMCA Level 2 Award in Stress management awareness and support
YMCA Level 2 Award Healthy eating awareness and support
YMCA Level 2 Award in Physical activity awareness and support
YMCA Level 2 Award in Body Image and Confidence
YMCA Level 3 Award in Menopause awareness and support
Environment specialisms (to work in more settings):

YMCA Level 2 Award in Developing Sustainable Physical Activity Programmes Within Community Settings (603/7343/X)

Technical specialisms (to perform additional roles within the workplace):

YMCA Level 2 Award in Safeguarding Adults and Adults at Risk (610/0822/9)
YMCA Level 3 Award in Emergency First Aid at Work (603/1902/1)



COURSE INFORMATION LEAFLET

YMCA Level 3 Award in First Aid at Work (603/1903/3)

Apply online at www.coleggwent.ac.uk

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