

Higher National Unit Specification

General information for centres

Unit title: Lifestyle Advice for Clients

Unit code: DN6W 35

Unit purpose: This Unit is designed to give the candidate the skills to develop a holistic approach to advising clients on a balanced lifestyle, for improvement and maintenance of health and wellbeing. This Unit is intended for candidates following a career in Beauty Therapy or Complementary Therapies.

On completion of the Unit the candidate should be able to:

1. Describe what constitutes a healthy balanced diet.
2. Understand the effects of caffeine, smoking, alcohol/drug misuse, environmental and Ultra Violet damage on the human body.
3. Describe the benefits of physical activity, good posture and relaxation and recommend appropriate beauty and/or complementary therapy treatments.

Credit points and level: 1 HN credit at SCQF level 8: (8 SCQF credit points at SCQF level 8*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: Candidates should have an appropriate level of Anatomy and Physiology preferably at National Qualification at Higher or Higher National Unit.

Core skills: There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

Context for delivery: This is a mandatory Unit in the framework for HND Beauty Therapy and HND Complementary Therapies. If this Unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes. This Unit will integrate well with the Higher National Unit – Stress Management.

Assessment: Assessment for this unit should include the candidate submitting evidence of providing lifestyle advice for clients and demonstration of essential underpinning knowledge related to health and wellbeing.

Two different instruments of assessments will be used to assess the Unit.

Outcome 1 and 2 will be assessed by an open book written assignment of 1,500 – 2,000 words.

General information for centres (cont)

Unit title: Lifestyle Advice for Clients

Competency should also be supported by evidence generated from three client case study and client record cards which will cover evidence from Outcomes 1, 2 and 3. Observation checklist may also be used.

Higher National Unit specification: statement of standards

Unit title: Lifestyle Advice for Clients

Unit code: DN6W 35

The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

Outcome 1

Describe what constitutes a healthy balanced diet.

Knowledge and/or skills

- ◆ Healthy balanced diet
- ◆ Importance of sufficient water intake
- ◆ Safe approach to reduce/increase weight
- ◆ Assess the client's diet
- ◆ Advise the client on a healthy approach to eating and drinking

Evidence requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ describe what constitutes a healthy balanced diet
- ◆ explain the importance of sufficient water intake
- ◆ describe a safe approach to reduce and increase weight

The assessment will take the form of a written assignment (1,500-2,000 words).

In addition, candidates should generate evidence, for practical activity, in the form of client record cards for three occasions when they have provided clients with advice on healthy eating and drinking.

Assessment guidelines

The practical assessment for this Outcome can be combined with the practical assessments for Outcomes 2 and 3.

The assessment used for this outcome could take the form of a written assignment with evidence of practical skills in providing client advice achieved through treatment case studies. This assignment will be combined with evidence requirements from Outcome 2

It is suggested that this Outcome is integrated with the provision of beauty and/or complementary therapy treatments for other Units within the framework, to show that lifestyle advice has been incorporated into treatment planning and aftercare/homecare advice for clients.

Higher National Unit specification: statement of standards (cont)

Unit title: Lifestyle Advice for Clients

Outcome 2

Understand the effects of caffeine, smoking, alcohol/drug misuse, environmental pollution and UV damage on the human body.

Knowledge and/or skills

- ◆ Effects of caffeine on the human body
- ◆ Effects of smoking
- ◆ Effects of alcohol/drug misuse
- ◆ Effects of environmental pollution on the respiratory and integumentary systems
- ◆ Effects of UV damage to the integumentary system
- ◆ Recommended daily allowance (RDA) for alcohol
- ◆ Self-help techniques for detoxification

Evidence requirements

Candidates will need to provide evidence to demonstrate their skills and/or knowledge by showing that they can:

- ◆ describe the effects of environmental pollution and UV damage on the human body
- ◆ describe Government recommendations regarding caffeine, smoking, alcohol/drugs, and environmental pollution and UV rays
- ◆ describe self-help techniques used for detoxification

Evidence will take the form of a written assignment (1500-2000 words) which will be combined with evidence from Outcome 1.

In addition, candidates should generate evidence, from practical activity, in the form of client record cards for three occasions when they have provided clients with advice on healthy eating and drinking.

Assessment guidelines

The knowledge for this Outcome can be combined with the three practical case studies for Outcomes 1 and 3.

The type of assessment for this Outcome should enable candidates to demonstrate their knowledge and skill in advising the client of the effects of pollutants on the human body, safe self-help detoxification techniques, and referral to other counselling/support organisations where appropriate.

It is suggested that this Outcome is integrated with the provision of beauty and/or complementary therapy treatments for other units within the framework, to show that lifestyle advice has been incorporated into treatment planning and aftercare/homecare advice for clients.

Higher National Unit specification: statement of standards (cont)

Unit title: Lifestyle Advice for Clients

Outcome 3

Describe the benefits of physical activity, good posture and relaxation and recommend appropriate beauty and/or complementary therapy treatments.

Knowledge and/or skills

- ◆ Ability to obtain accurate information from the client without causing embarrassment or distress including: relevant medical history, normal pattern of activity and methods of relaxation
- ◆ Treat the client with sensitivity and respect at all times
- ◆ Importance of good posture
- ◆ Benefits of physical activity
- ◆ Techniques for relaxation
- ◆ Recommend appropriate beauty and/or complementary therapy treatments to support lifestyle improvement

Evidence requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

Carry out three case studies, integrated with other beauty and/or complementary therapy treatments, showing evidence that lifestyle advice has been incorporated into treatment planning and aftercare/homecare advice.

Assessment guidelines

Assessment for this Outcome can be combined with the practical case studies for Outcomes 1 and 2.

It is suggested that this Outcome is integrated with the provision of beauty and/or complementary therapy treatments for other Units within the framework, to show that lifestyle advice has been incorporated into treatment planning and aftercare/homecare advice for clients.

Administrative Information

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| Unit code: | DN6W 35 |
| Unit title: | Lifestyle Advice for Clients |
| Superclass category: | HJ |
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Higher National Unit specification: support notes

Unit title: Lifestyle Advice for Clients

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

This Unit is primarily intended to equip candidates with the essential knowledge and understanding of Lifestyle Advice required for employment within the beauty/complementary therapy sector. This Unit should take the form of research and case studies. The Unit should address the need to treat the client holistically, therefore all practical assessment may be combined.

Outcome 1: The main objective of this Outcome is to demonstrate the ability to provide the client with accurate information, on a non-medical level, on what constitutes a healthy balanced diet with reference to government guidelines on diet and nutrition. This will enable candidates to assess the client's current eating plan and advise on any necessary improvements. Candidate must be aware of the importance of sufficient water intake to promote health and wellbeing. Candidates must be able to advise the client on a safe approach to either increase or reduce weight.

Outcome 2: Candidates are expected to carry out research into the effects of caffeine, smoking, drug/alcohol misuse, environmental pollution, and UV damage, and produce a report on their findings. Underpinning knowledge of Anatomy and Physiology is required for this Outcome. Research into self-help detoxification techniques is also required, as is knowledge of suitable referral agencies should a problem be identified.

Outcome 3: Candidates are required to understand the benefits of undertaking a moderate level of physical activity and taking time out to relax. This Outcome should be predominantly practical exercises, ie establish client's current lifestyle and provide advice on a homecare programme.

It is recommended that candidates attain knowledge of contra-indications to and precautions relating to undertaking physical activity, especially for those under 16 years of age and over 60 years of age.

Candidate are expected to understand the benefits of relaxation techniques including breathing exercises and be able to make recommendations, as appropriate, to clients having beauty and/or complementary therapy treatments.

Guidance on the delivery and assessment of this Unit

Opportunities for developing Core Skills

This is a mandatory Unit in the framework for HND Beauty Therapy and HND Complementary Therapies. It will integrate well with HN Unit Stress Management.

Delivery of this Unit should assist candidates in integrating lifestyle advice whilst carrying out beauty therapy treatments. All Outcomes can be assessed either individually or combined in a full beauty therapy treatment.

Outcome 1: Delivery of this Outcome should assist candidates in adopting an integrated approach to providing lifestyle advice within beauty and or complementary therapy treatment provision.

Higher National Unit specification: support notes (cont)

Unit title: Lifestyle Advice for Clients

- ◆ Describe what constitutes a healthy balanced diet — protein, carbohydrate and fat intake, 5 pieces of fresh fruit/vegetables per day, limitation of convenience foods; detrimental effects of refined sugar and high fat and salt intake.
- ◆ Explain the important of sufficient water intake — the effects of water intake on the fluid balance in the body.
- ◆ Describe a safe approach to reduce and increase weight — safe, regular intake of appropriate healthy food, to control and stabilise weight, relate to the Body Mass Index (BMI) scale.

Candidates will carry out 3 case studies incorporating assessment and advice on a healthy balanced diet. The practical treatment sessions should be utilised to enable candidates to demonstrate their understanding of healthy eating and ability to advise clients.

Outcome 2:

- ◆ Describe the effects of caffeine on the human body - include effects of excess caffeine on lifestyle: dehydration, sleeplessness, mood and anxiety.
- ◆ Describe the effects of smoking - include the detrimental effects on the integumentary system, circulatory system, respiration and odour.
- ◆ Describe the effects of alcohol/drug misuse – awareness of Government recommendations for weekly consumption of alcohol, and the effects of drug misuse.
- ◆ Describe the effects of environmental pollution on the respiratory and integumentary systems - include the detrimental effects on exposure to environmental pollutants ie city streets, work and home environments.
- ◆ Describe the effects of UV damage to the integumentary system – negative results of over exposure to sunlight, sun beds refer to BMA recommendations on use of sun beds.
- ◆ Propose procedures for self help detoxification techniques
 - increased water intake, body brushing, self massage, healthy eating (discuss detox diet plans), exercise
 - advice on how clients can reduce or eliminate toxins ie caffeine, nicotine, alcohol
 - include information on relevant organisations, for client referral where appropriate

Outcome 3

- ◆ Demonstrate procedures and methods to obtain accurate information from the client without causing embarrassment or distress including relevant medical history, normal level of physical activity and diet.
- ◆ Treat the client with sensitivity and respect at all times.
- ◆ Describe benefits of increasing physical activity levels — identify safe methods of exercising include advice on correct posture.
- ◆ Propose suitable activities to encourage client well being — identify client's interests, hobbies and activities.
- ◆ Provide information on relaxation techniques include breathing exercises — advise on simple relaxation techniques eg listening to music, and the use of breathing exercises to aid relaxation.
- ◆ Recommend appropriate beauty and/or complementary therapy treatments to support lifestyle improvement.

Higher National Unit specification: support notes (cont)

Unit title: Lifestyle Advice for Clients

Open learning

The theoretical aspects of this Unit could be studied through open/flexible learning. However, the high level of practical competences required make this Unit unsuitable to open learning.

For further information and advice please refer to *Assessment and Quality Assurance for Open and Distance Learning (SQA, February 2001 – publication code A1030)*.

Candidates with additional support needs

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs*, which is available on the SQA website www.sqa.org.uk

General information for candidates

Unit title: Lifestyle Advice for Clients

This Unit is designed to enable you to recognise lifestyle adjustments which you can give advice on when carrying out beauty and/or complementary therapy treatments. These skills will complement and enhance any services you can provide to the public.

On completion of this Unit you will be able to:

1. Describe what constitutes a healthy balanced diet, including the importance of sufficient water intake.
2. Understand the effects of caffeine, smoking, alcohol/drug misuse, environmental and UV damage.
3. Describe the benefits of physical activity, good posture and relaxation and recommend appropriate beauty and/or complementary therapy treatments to support lifestyle improvement.

Outcome 1 looks at:

- ◆ what constitutes a healthy balanced diet - protein, carbohydrate and fat intake; 5 pieces of fresh fruit/ vegetables per day; the limitation of convenience foods; the detrimental effects of refined sugar and high fat and salt intake
- ◆ the importance of sufficient water intake - the effects of water intake on the fluid balance in the body
- ◆ a safe approach to reduce and increase weight – safe regular intake of appropriate healthy food, to control and stabilise weight in accordance with the Body Mass Index – BMI Scale

You will carry out three case studies incorporating assessment and advice on a healthy balanced diet. These sessions will be utilised to demonstrate your understanding of healthy eating and your ability to advise clients. A research report is also required.

Outcome 2 looks at:

- ◆ the effects of caffeine on the human body – includes effects of excess caffeine on lifestyle, dehydration, sleeplessness, mood and anxiety
- ◆ the effects of smoking – detrimental effects on integumentary system, circulatory system, respiration and odour
- ◆ the effects of alcohol/drug misuse – awareness of Government recommendations for weekly consumption of alcohol, and the effects of drug misuse
- ◆ the effects of environmental pollution on the respiratory and integumentary systems – negative effects on exposure to environmental pollutants ie city streets, and work and home environments
- ◆ the effects of UV damage to the integumentary system – negative results of over exposure to sunlight, sun beds refer to the BMA recommendations on use of sun beds
- ◆ propose procedures for self help detoxification techniques – body brushing, massage, increasing water intake, exercise and healthy eating. Advice on how clients can reduce or eliminate toxins ie caffeine, nicotine, alcohol
- ◆ compare and contrast official government guidelines and public perceptions against assessment findings of above
- ◆ obtain knowledge of relevant professional agencies if referral is appropriate

You will be required to submit a report on the findings of your research on the above. [add information about the case studies]

General information for candidates (cont)

Unit title: Lifestyle Advice for Clients

Outcome 3 – you will be required to:

- ◆ Demonstrate procedures and methods to obtain accurate information from the client without causing embarrassment or distress including relevant medical history, normal level of physical activity and diet.
- ◆ Treat the client with sensitivity and respect at all times.
- ◆ Describe the benefits of increasing physical activity levels. Identify safe methods of exercising, including advice on correct posture.
- ◆ Propose suitable activities to encourage client well being. Identify client's interests, hobbies and activities.
- ◆ Have knowledge of contra-indications to and precautions relating to exercise, especially for those under 16 years of age and over 60 years of age with regard to fitness and range of mobility.
- ◆ Propose suitable physical and mental activities to encourage client's well being, utilising client's interests in hobbies and activities.
- ◆ Advise on relaxation techniques including breathing exercises. Advise on simple relaxation techniques eg listening to music, and advising client's on the use of breathing exercises to aid relaxation.
- ◆ Recommend appropriate beauty and/or complementary therapy treatments to support lifestyle improvements.

Supplementary questions may be used to in order to clarify your knowledge/understanding for each Outcome.