



Higher National Unit specification

General information

Unit title: Health Promotion (SCQF level 7)

Unit code: H71R 34

Superclass: PA

Publication date: May 2014

Source: Scottish Qualifications Authority

Version: 01

Unit purpose:

This Unit is designed to introduce the learners to the concepts of health promotion. The Unit allows the formation of a foundation of underpinning knowledge within this field. The Unit is aimed at learners who wish to work within the Sports Therapy scope of practice.

Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Define health promotion and explain types of health promotion with government future plans for health promotion.
- 2 Explain the government's current guidelines of health promotion.

Credit points and level

0.5 Higher National Unit credit at SCQF level 7: (4 SCQF credit points at SCQF level 7)

Recommended entry to the Unit

It may be beneficial for the learners to possess an understanding of nutrition.

Higher National Unit specification: General information (cont)

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Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

Context for delivery

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 is a mandatory Unit in the framework for the year one HND Sports Therapy Group Award.

Equality and inclusion

This Unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

Higher National Unit specification: Statement of standards

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Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Learners should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Define health promotion and explain types of health promotion with government future plans for health promotion.

Knowledge and/or Skills

- ◆ Definition of health promotion and the government's future plans for health promotion
- ◆ Current Scottish government statistics on diseases
- ◆ Other illnesses caused by lack of health promotion
- ◆ Future plans for health promotion

Outcome 2

Explain the government's current guidelines of health promotion.

Knowledge and/or Skills

- ◆ Types of health promotion
- ◆ NHS current guidelines for nutrition, exercise and healthy lifestyle
- ◆ NICE current guidelines
- ◆ ACSM current exercise guidelines

Higher National Unit specification: Statement of standards (cont)

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Evidence Requirements for this Unit

Learners will need to provide evidence to demonstrate their Knowledge and/or Skills across all Outcomes by showing that they can:

Outcome 1

This Outcome should be assessed by an open-book written report on the following items.

- ◆ State the World Health Organisation's (WHO) definition of health promotion
- ◆ Identify current Scottish government statistics for:
 - heart disease
 - stroke
 - cancer
 - diabetes
- ◆ Describe other illnesses related to lack of health promotion:
 - obesity
 - arthritis
 - digestive problems — IBS/colon cancer/crohns disease
 - stress
 - anorexia nervosa
 - bulimia nervosa
- ◆ Describe the Scottish government's future plans for health promotion for all age groups from babies to elderly (Government white paper document):
 - children and young people (5–18 years)
 - adults (19–64 years)
 - older adults (65+ years)

Outcome 2

This Outcome should be assessed as a case study on the following items:

- ◆ Describe types of health promotion:
 - Self
 - Doctor
 - Hospital
 - Counselling
 - Self help groups
 - Gyms
 - Clubs
 - GP referral
- ◆ Describe the current guidelines for nutrition, exercise and healthy lifestyle:
 - National Health Service (NHS) guidelines for health related physical fitness components for exercise and healthy balanced diet
 - National Institute for Health and Care Excellence (NICE) guidelines for health related physical fitness and healthy balanced diet
 - American College of Sports Medicine (ACSM) current guidelines for health related physical fitness for exercise



Higher National Unit Support Notes

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Unit Support Notes are offered as guidance and are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 20 hours.

Guidance on the content and context for this Unit

This Unit is designed to provide the learner with the knowledge and skills to understand Health promotion and the factors affecting health. This may be done by a report and applying the knowledge to various age groups. On completion of the Unit the learner should be able to explain and apply health promotion advice to specific client.

Outcome 1 requires the learner to demonstrate an understanding of:

- ◆ The definition of health promotion from the World Health Organisation (WHO).
- ◆ Identify current Scottish government statistics for:
 - heart disease www.scotland.gov.uk Heart disease statistics update 31 March 2012
 - stroke www.scotland.gov.uk stroke statistics update published December 2012
 - cancer www.scotland.gov.uk cancer in Scotland November 2013.
- ◆ Describe other illnesses related to lack of health promotion:
 - obesity, arthritis, digestive problems, stress, anorexia nervosa and bulimia nervosa
 - all www.nhs.co.uk Department of Health Sedentary Behaviour and Obesity: Review of the Current Scientific Evidence March 26 2010.
- ◆ Describe the Scottish government's future plans for health promotion (Government white paper document):
 - www.scotland.gov.uk physical activity guidelines in the UK: Review and Recommendations May 2010
 - under 5s factsheet 1
 - early years (under 5s) those capable of walking factsheet 2
 - children and young people (5–18 years) factsheet 3
 - adults (19–64 years) factsheet 4
 - older adults (65+ years) factsheet 5

Higher National Unit Support Notes (cont)

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Outcome 2 requires the learner to:

- ◆ Describe types of health promotion:
 - Self — television, books, magazines
 - Doctor — advice, leaflets, posters, groups
 - Hospital — dietician, exercise groups
 - Counselling — NLP, stress management
 - Self-help groups — local community centres (diet, exercise, stress)
 - Gyms — various classes, nutritional advice, personal trainers
 - Clubs — slimming world, weightwatchers, Scottish slimmers
 - GP referral — obesity/heart/respiratory clinics
- ◆ Describe the current guidelines for nutrition, exercise and healthy lifestyle:
 - National Health Service (NHS) guidelines for daily dietary intake of calories and amount and type of carbohydrates, proteins, fats, fibre, water, vitamins and minerals www.nhs.co.uk
 - National Institute for Health and Care Excellence (NICE) guidelines for daily dietary intake of calories and amount and type of carbohydrates, proteins, fats, fibre, water, vitamins and minerals www.nice.org.uk
 - American College of Sports Medicine (ACSM) current guidelines for cardiovascular, muscular strength, muscular endurance and flexibility training www.acsm.org
 - Some key resource that would be good viewing for all students, 23.5 hrs
 - <http://www.youtube.com/watch?v=aUalnS6HIGo>
 - helpful training videos — every step counts — six short videos
 - <http://www.youtube.com/watch?v=AbcNRrmIMbc>
 - factsheets and e learning module for staff
 - <http://elearning.healthscotland.com/>

Guidance on approaches to delivery of this Unit

The Unit may be delivered as a standalone Unit, or in conjunction with other elements of the course. A variety of teaching methods will enhance delivery: group discussion will blend learner experience with input from the tutor, and delivery should encourage individual research, review and reflection.

Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

Higher National Unit Support Notes (cont)

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Outcome 1

This Outcome should be conducted in the form of an open-book report.

Outcome 2

A variety of assessment methods may be used. Learners may be presented with a case study for a specific age in the form of individual case studies. Evidence from the case study may be determined by means of a group oral presentation.

Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at www.sqa.org.uk/e-assessment.

Opportunities for developing Core and other essential skills

There are limited opportunities within this Unit to develop Core Skills however, effective oral communications skills will be important when presenting the case study evidence.

History of changes to Unit

Version	Description of change	Date

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General information for learners

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This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

This Unit is designed to provide you with the knowledge and skills to understand health promotion. On completion of the Unit you should have knowledge on current health problems in Scotland and be able to explain current Scottish Government plans for exercise and diet to alleviate these health problems for all age groups.

In **Outcome 1** you will be required to discover the definition of health promotion and discover the current statistics for heart disease, cancer and strokes in Scotland. You will cover other illnesses possibly related to lack of health promotion (obesity, arthritis, digestive problems, stress, anorexia nervosa and bulimia nervosa). Lastly you will cover the underpinning knowledge of future Scottish Government plans for health promotion.

In **Outcome 2** you will be required to discover the types of health promotion available for all age groups and explain current guidelines for nutrition, exercise and healthy lifestyle for a specific age group of the population.