

LEVEL 3 CERTIFICATE FOR HEALTH TRAINERS

LEARNERS' INFORMATION



LEVEL 3 CERTIFICATE FOR HEALTH TRAINERS

LEARNERS' INFORMATION

The role of the Health Trainer has been designed in order to support the *Health Trainer Initiative* by the Department of Health. We have worked in partnership with the Department of Health and its Health Inequalities Unit to create this level 3 qualification.

As part of the plan to reduce health inequalities, Health Trainers employed in the community will encourage individuals to improve their health and wellbeing. The work of Health Trainers will focus on supporting healthier food choices, diet and exercise, giving up smoking, addressing individuals' behaviours relating to health and their motivation to change. As they will be employed to work in the community, Health Trainers will also be recruited from within the local community.

What is the role of a Health Trainer?

Health Trainers work in many areas, such as the NHS and other local organisations, including local authorities, businesses and the voluntary and community sector. As a Health Trainer, you may be employed in a full or part-time role, in the paid or voluntary sector. In some cases, Health Trainers may be people whose current role has been extended; this can include community pharmacy assistants, leisure centre workers, union representatives in the work place and housing officers.

The role of the Health Trainer focuses on establishing relationships and communicating with individuals and groups in the local community, providing information on health and wellbeing and encouraging individuals to adopt healthier lifestyles. As a Health Trainer you will be expected to be able to manage your own time and resources. This level 3 qualification is designed to help you gain the knowledge required for all these areas.

Is this qualification right for me?

The City & Guilds level 3 Certificate for Health Trainers is suited to both those who would like to become Health Trainers and those already working in that or a similar role.

The Health Trainer role is a great way to begin a career in the health and community field and requires no previous formal qualification.

Progression to more senior Health Trainer roles is possible, with some Health Trainers having already progressed into other posts requiring more responsibility (eg Family Support Workers) or into further education and training, through foundation degrees and Community Development Work NVQs.

What will I learn and how will I be assessed?

Level 3 Certificate for Health Trainers (3075)

The Level 3 Certificate for Health Trainers is a Vocationally Related Qualification (VRQ) comprising of **four** mandatory units.

Unit 301 - Establishing and maintaining relationships with communities while working as a Health Trainer

Unit 302 - Communicate with Individuals about promoting their health and wellbeing while working as a Health Trainer

Unit 303 - Enable individuals to change their behaviour to improve their health and wellbeing while working as a Health Trainer

Unit 304 - Manage and organise your own time and activities while working as a Health Trainer

You will need to successfully complete all four units in order to achieve the full qualification.

Assessment for this qualification is by assignment only with no externally set exams. Assessment will include written short answer tests and scenario-based questions.

What are the entry requirements ?

There are no specific entry requirements, but you must be over 16 years of age and will need to possess the required literacy and numeracy skills required to complete a level 3 VRQ.

How can I find out further information about the qualification ?

Your centre will provide you with all the information you need, but you can also find out more details on the (3075) Certificate for Health Trainers qualification web page within the Health sub-industry of our Health and Social Care subject area at www.cityandguilds.com/healthandsocialcare.

Are there any other qualifications that may be of interest to me?

We offer a complete range of qualifications for the health and community sectors including:

Level 2 and 3 City & Guilds NVQs in Health

Level 3 and 4 City & Guilds NVQs in Community Development Work

Level 2 City & Guilds NVQ in Support Services in Healthcare

In total, we have over 500 qualifications to choose from across 27 industries, visit www.cityandguilds.com for further details

What is my next step?

You can find out more by contacting your nearest City & Guilds Centre. Log on to our website to find the location of your nearest one, or contact our Customer Relations team at:

City & Guilds

1 Giltspur Street

London

EC1A 9DD

T +44 (0)20 7294 2800

F +44 (0)20 7294 2405

www.cityandguilds.com

learnersupport@cityandguilds.com

If you're asked for a qualification number, please quote 3075.

Every Effort has been made to ensure that the information contained in this publication is true and correct at the time of going to press. However, City & Guilds' products and services are subject to continuous development and improvement and the right is reserved to change products and services from time to time. City & Guilds cannot accept liability for loss or damage arising from the use of information in this publications. ©2003 The City and Guilds of London Institute. All rights reserved. City & Guilds is a trademark of the City and Guilds of London Institute. City & Guilds is a registered charity (number 312832) established to promote education and training.

1 Giltspur Street, London EC1A 9DD Telephone 020 7294 2468
Facsimile 020 7294 2400 E-mail enquiry@cityandguilds.com
Website <http://www.cityandguilds.com>

June 2007

Key points

- Developed in partnership with the Department of Health especially for Health Trainers
- Health Trainers are recruited from the community to work in the community to empower individual to look after their own health
- Available to those in currently in the role or who would like to extended their current role.
- No previous formal qualifications are required