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**Active IQ Level 1 Award in** **Influencing Health and Wellbeing**

The Influencing Health & Wellbeing training programme is designed to give participants the skills, knowledge and confidence to become more physically and socially active within their communities, build their self-esteem, improved sense of wellbeing, move on to further training and education and move away from negative influences in their lives by opening up more social, physical, volunteering, employment and educational pathways on a long-term basis.

Participants can gain the Active IQ Level 1 Award in Influencing Health and Wellbeing.

**Delivery Format:** Online using Zoom platform

**Day 1** **February Monday 20th 10:30am to 12:30pm**

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| **Active IQ Level 1 Award in Influencing Health and Wellbeing** |
| Introductions, Course Aims, Ground Rules, Zoom Orientation  |
| What is Health? WHO Definition and Models of Health  |
| The Broad Determinants of Health  |
| The Health of the Nation  |
| Introduction to Lifestyle Factors Affecting Health |

**Day 2**  **February Thursday 23rd 10:30am to 12:30pm**

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| **Active IQ Level 1 Award in Influencing Health and Wellbeing** |
| Health Related Fitness and it’s Benefits  |
| The Components of Fitness  |
| Chief Medical Officer’s Guidelines for Physical Activity 2019 and ACSM Guidelines for Fitness (FITTA) |

**Day 3 February Monday 27th 10:30am to 12:30pm**

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| **Active IQ Level 1 Award in Influencing Health and Wellbeing** |
| Diet and its Effect on Health  |
| Why do People Adopt and Maintain an Unhealthy Diet?  |
| Guidelines for a Healthy Diet  |
| Health Benefits of Adopting and Maintaining a Healthy Diet  |
| Recording our Activity and Diet (diary) |

**Day 4 March Thursday 2nd 10:30am to 12:30pm**

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| **Active IQ Level 1 Award in Influencing Health and Wellbeing** |
| Smoking and its Effects on Health  |
| Health Benefits of Quitting  |
| Alcohol and its Effect on Health  |
| Guidelines for Alcohol Consumption  |
| Legal and Illegal Drug Use: An Overview |

**Day 5 March Tuesday 7th 10:30am to 12:30pm**

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| **Active IQ Level 1 Award in Influencing Health and Wellbeing** |
| Sleep and Wellbeing  |
| Lifestyle and its Effect on Mental Health  |
| Barriers and Motivations for Adopting a Healthier Lifestyle |

**Day 6 March Friday 10th 10:30am to 12:30pm**

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| **Active IQ Level 1 Award in Influencing Health and Wellbeing** |
| Behaviour Change Theory  |
| Self-change  |
| Helping Others Change  |
| Likely Strategies to Support and Maintain Behaviour change - Self-efficacy, SMART  |
| Goals  |
| Communication Skills |

**Day 7 March Tuesday 14th 10:30am to 12:30pm**

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| **Active IQ Level 1 Award in Influencing Health and Wellbeing** |
| **Introduction to Assessment and Learner Assessment Plan** |
| Lifestyle Diary and Health Conversation Log Examples |

**Note:** Confirmed dates, times and content delivery can be changed where required and all participants will be informed in advance of any changes being made.

Please contact Colin for more information and how to get on this training programme.

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