

L3 Facilitating Behaviour Change (Active IQ)



Entry Requirements

There are no specific entry requirements

Course Overview

The aim of this qualification is to provide you with the knowledge and skills to be able to facilitate behaviour change for health and wellbeing. Target for taking this course: Fitness and Activity Instructors; Community Workers; and Health Care Professionals.

Course Content

- Understanding different psychological theories and behaviour change approaches that can be used to support health and wellbeing
- Understanding the role of the facilitator in supporting health and wellbeing
- Demonstrating effective helping techniques
- Facilitating group discussions about a range of health behaviours
- Reflecting on their own practice

Recognised Qualification

- QCF qualification awarded by Active IQ

Accreditations



Format Options



15-25 hrs

Distance Learning

This is a distance learning course which you will be posted a hard copy manual to study from. You then be required to complete the worksheets and submit via post or email. Students will have access to one-to-one course support from a Specialist Tutor. This will be via telephone, email or skype for help with learning and assessment.

You will also need to video this session and submit for marking. You must plan and facilitate a 20 minute group behaviour change session to include an introduction (opening phase), main phase and closing phase. You will need to video this session and submit for marking. There will need to be 4-10 people participating in the session.

In-house

This course requires one to two days attendance when you will be given a comprehensive training manual. If you are interested in making a group booking we can provide this qualification as an in-house course and create a bespoke delivery and assessment format to meet your needs.

Assessment

- Worksheets and videoed group behavior change session

Certification

Active IQ Level 3 Award in Facilitating Behaviour Change for Health and Wellbeing (QCF)

The Active IQ logo, consisting of the words 'Active IQ' in a purple, sans-serif font.

What next?

- L2 Encouraging Physical Activity
- L2 Health Improvement