

Skills in Health, Lifestyle Science Industry Award level 1

Course Overview

This is an accredited qualification, suitable for anyone aged 19+ and interested in updating your knowledge in skills for working in health, lifestyle and science industries. You will work in our IT workshop and study the units that make up this award, which could be one whole day or split over a few days. The course is designed so the days and times suit your personal commitments, and the learning is taken at your own pace. As a supported online learning course, this runs throughout the year (50 weeks of the year including non-term times) and assessment can be completed at a time during the year when you feel ready.

What you will learn

During this course, you will take part in a variety of computer-based learning activities, including:

- 1) Mental health and well-being
- 2) The roles and responsibilities of a care worker
- 3) Equality and diversity at work
- 4) Creating a CV
- 5) Conflict resolution in the workplace
- 6) Internet safety for IT users
- 7) Find information using IT and online resources

Entry Requirements

This is a level 1 course and although there are no formal entry requirements, a reasonable level of literacy is expected i.e. you can write and speak to make yourself understood. It is also useful to be able to use a keyboard and mouse independently.

Course Progression

This qualification will support you to gain employment by improving your confidence. Upon completion, your tutor will be able to provide advice and guidance for progressing onto other online or distance learning courses, or classroom-based programmes. For more detailed advice and guidance about future steps, you can make an appointment with one of our qualified careers advisers, who can support you to find the most suitable career path for you and to make the most of your skills and qualifications.

What Happens Next

Apply online via the College website. You will be contacted to attend an interview if required, or you will be sent a conditional offer according to the entry requirements of the course. You will then be invited in to enrol for your chosen course. For applications via JCP, please let your Work Coach know. Subject to individual eligibility and type of benefit, the vast majority of courses are FREE to people in receipt of an employment-related benefit JSA, Universal Credit or ESA (Employment and Support Allowance).

Course Details

Course Code	P00321
Start Date	01/08/2025
Study Hours	Part Time
Duration	1 week
Campus	City Skills Centre
Level	1

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