

# LEVEL 3 CERTIFICATE FOR HEALTH TRAINERS (7562) **CENTRES' INFORMATION**

**City &  Guilds**



 **Department  
of Health**

Supported by the  
Department of Health

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# LEVEL 3 CERTIFICATE FOR HEALTH TRAINERS (7562)

## CENTRES' INFORMATION

With the support of the Department of Health we have created a level 3 qualification to support the Health Trainer Initiative. As part of the plan to reduce health inequalities, Health Trainers recruited from the community and employed in their local 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.

### WHAT IS THE ROLE OF THE HEALTH TRAINER?

Health Trainers work in many areas, such as the NHS and local authorities. Health Trainers 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 may include community pharmacy assistants, leisure centre workers and housing officers.

The role of the Health Trainer focuses on establishing relationships and communicating with individuals and groups in the local community. They provide information on health and wellbeing and encourage individuals to adopt healthier lifestyles. The qualification is designed to help learners gain the knowledge and skills to meet the requirements of the role.

### HOW IS THE QUALIFICATION STRUCTURED AND ASSESSED?

There are four mandatory units.

**Unit 301** – Introduction to the role and responsibilities of a Health Trainer.

**Unit 302** – Establishing and developing relationships with communities while working as a Health Trainer.

**Unit 303** – Communicate with Individuals about promoting their health and wellbeing while working as a Health Trainer.

**Unit 304** – Enable individuals to change their behaviour to improve their health and wellbeing while working as a Health Trainer.

The qualification focuses on practical activities and the units are assessed by a portfolio of evidence.

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

### QUALIFICATIONS AND CREDIT FRAMEWORK (QCF)

This qualification is on the Qualifications and Credits Framework (QCF). The QCF is a way of recognising vocational achievement, through the award of credit for units and qualifications.

The QCF provides more choice and flexible routes to gaining full qualifications. For more information about the QCF please visit [www.cityandguilds.com/qcf](http://www.cityandguilds.com/qcf)

### WHAT ARE THE ENTRY REQUIREMENTS?

The qualification is best suited to those already working in a Health Trainer or similar role. There are no specific entry requirements, but learners must be over 16 years of age and will need to possess the required literacy and numeracy skills to complete the qualification.

### PROGRESSION

The Health Trainer role is a good way for learners to begin a career in the health and community field. Progression to more senior Health Trainer roles is possible, with some Health Trainers having already progressed into other posts requiring more responsibility (e.g. Family Support Workers) or into further education and training, through foundation degrees and Community Development Work NVQs.

Qualifications that may be of interest:

- 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

### KEY POINTS

- Supported by the Department of Health.
- Health Trainers recruited from the community, work in their local community to empower individuals to look after their own health.
- No previous formal qualifications are required.

### HOW CAN I FIND OUT MORE ABOUT THIS QUALIFICATION?

You can visit the Health Trainers qualification web page at [www.cityandguilds.com/healthandsocialcare](http://www.cityandguilds.com/healthandsocialcare)

Here you will find the centre qualification handbook. The handbook contains information such as the qualification structure, course delivery and centre requirements.

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

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#### IF YOU'RE ASKED FOR A QUALIFICATION NUMBER, PLEASE QUOTE 7562.

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