

# Ascentis Level 1 Award

in



# Personal Health and Relationships

# Overview Specification

**This qualification is being withdrawn. The last date of registration for learners is 31<sup>st</sup> July 2025 after which no further learners can be registered.**

**The certification end date is 31<sup>st</sup> July 2026. If you require any further clarification, please email [development@ascentis.co.uk](mailto:development@ascentis.co.uk).**

**Ofqual Numbers:**

Level 1 Award	603/5951/1
Ofqual Start Date:	01/08/2020
Ofqual End Date:	31/07/2025
Ofqual Certification End Date:	31/07/2026

# Qualification Overview

The Ascentis Level 1 Award in Personal Health and Relationships offers learners the opportunity to explore a wide range of different subject areas associated with health and relationships, and discover the associated skills, attributes, risks and benefits that enable these to be successful and rewarding. This qualification provides the learner with the knowledge and skills to explore issues relating to the society in which they live and topics which may be relevant to their own lives.

There are several features of this qualification that makes it very appropriate for their target learners:

- Unit certification is available for each of the units
- Verification and certification can be offered throughout the year, allowing maximum flexibility for centres
- It can be delivered either as classroom-based courses or as a blended learning programme
- Evidence can be generated within a wide range of organisational contexts, allowing the qualification to meet the specific occupational requirements of the learners

## Aims

The aim of this qualification is to enable learners to develop at an introductory level their understanding of:

- Activities and lifestyle choices that involve personal risks and may have negative consequences
- Key personal relationships and the ways that these are formed and maintained
- The essential and desirable skills and attributes that contribute to successful and positive relationships

## Target Group

This qualification is aimed at learners of all ages who may need help and support in developing the skills to enable them to achieve healthy relationships, personal well-being and safety. This qualification will also support learners who may want to progress into the health and social care sector.

**Please note that some subjects within this qualification are sensitive and may be difficult for some learners.**

# Regulation Codes

Ofqual Regulation Number:

- Level 1 Award in Personal Health and Relationships: 603/5951/1

## Assessment Method

All units are internally assessed through the learner building up a portfolio of evidence that covers the relevant assessment criteria, internally assessed and verified by the centre and then externally verified by Ascentis.

Many Ascentis units include suggested content to support wider learning opportunities across three priority areas:

- Digital
- Well-being
- Sustainability.

They are not compulsory and do not form part of the assessment. They are suggestions for tutors who may wish to link the unit content into these areas to further support learner progression in education, training and work.

On completion of the learners' evidence for either the individual units or the Level 1 Award, the assessor is required to complete the Summary Record of Achievement for each learner. The Summary Record of Achievement asks assessors and the internal verifier to confirm that the rules of combination have been followed. This is particularly important in cases where a learner has taken units at different levels.

Centres are required to retain all evidence from all learners for external verification and for four weeks afterwards in case an appeal is made.

# Rule of Combination

## Rationale for the Rules of Combination

To achieve the Ascentis Level 1 Award in Personal Health and Relationships the learner must obtain a minimum of 7 credits. A minimum of 51% of credits must be taken at the level of the Award. A minimum of 3 credits must be taken from Group A and the remaining credits can be taken from any units within Group A or B.

## Level 1 Award in Personal Health and Relationships

Learners must achieve 7 credits in total to achieve the Award. At least 3 credits must be taken from Group A. The remaining credits can be taken from Group A or B.

Ascentis Level 1 Award in Personal Health and Relationships				
Group A: A minimum of 3 credits MUST be taken from Group A				
Title	Level	Credit Value	GLH	Unit reference
Introduction to Substance Awareness for the Individual	Level 1	3	30	M/618/1626
Introduction to Understanding Sex and Relationships	Entry 3	3	30	T/618/1627
Personal Relationships	Level 1	3	27	A/618/1628
Group B: Learners can take units from Group B for the remaining credit required to achieve the award				
Title	Level	Credit Value	GLH	Unit reference
Alcohol Awareness for the Individual	Level 1	3	30	F/618/1629
Developing Skills for a Healthy Lifestyle	Entry 3	3	30	T/618/1630
Drug and Alcohol Misuse Awareness	Entry 3	3	30	A/618/1631
Emotional Intelligence	Entry 3	3	30	J/505/3737
Engage in Discussion	Entry 3	1	10	F/503/3048
Family Relationships	Level 1	3	27	D/505/1282
Issues of Substance Misuse	Entry 3	1	10	A/504/8437
Managing Own Relationship with Others	Level 1	3	30	F/618/1632
Managing Social Relationships	Entry 3	2	20	H/505/8623
Personal and Interpersonal Conflict	Level 1	3	27	A/504/8826
Recognising Issues of Substance Misuse	Level 1	1	9	M/505/1237
Sex and Relationships	Level 1	3	30	J/618/1633

Barred combinations				
Unit Title	Unit Code		Unit Title	Unit Code
Issues of Substance Misuse	A/504/8437	May not be taken with	Introduction to Substance Awareness for the Individual	M/618/1626
Drug and Alcohol Misuse Awareness	A/618/1631		Introduction to Substance Awareness for the Individual	M/618/1626
Drug and Alcohol Misuse Awareness	A/618/1631		Alcohol Awareness for the Individual	F/618/1629
Introduction to Understanding Sex and Relationships	T/618/1627		Personal Relationships	A/618/1628

## Guided Learning Hours (GLH)

The recommended guided learning hours for the Level 1 Award is 70.

## Total Qualification Time (TQT)

The total qualification time for the Level 1 Award is 70.

## Age Range of Qualification

These qualifications are suitable for young people aged 14–19 and adult learners

# Contact & Further Information

**New Centres** please email [hello@ascentis.co.uk](mailto:hello@ascentis.co.uk) or call **01524 845046**.

**Existing Centres** please visit the login area of our website, [www.ascentis.co.uk](http://www.ascentis.co.uk), to view the full specification.

**Product Development** for enquiries please email [development@ascentis.co.uk](mailto:development@ascentis.co.uk).