



QQI AWARD

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6N2214



15 Credits

Health Promotion

Level 6

What is Health Promotion?

Health Promotion is an optional module. This course gives you the skills and competence to promote health and wellness to raise community awareness of health related issues, holistic approaches to health and to establish and evaluate health promotion programmes. It can also be completed as part of the following major award:

- Level 6 Health Services Supervisory Management Skills 6M4978

Who should do this module?

Health Promotion is suited to those who are new to their role or wish to gain a valuable qualification and find a job in this sector.

Upon successful completion of this award you will have the knowledge, skill and competence to raise community awareness of health related issues, holistic approaches to health and to establish and evaluate health promotion programmes.



Programme Contents

- Introduction
- Energy and Your Body
- Diet and Exercise
- Diet and Exercise
- Food Labels, Plant Foods and Dietary Supplements
- Diet and Exercise
- Substance and Drug Abuse
- Chronic Disease
- Health Issues in the Community
- Key Agencies and Local Resources
- Motivation and Empowerment
- Positive Role Models and Teamwork
- Creative Change and a Holistic Approach
- Needs Assessment
- Implementation of a Planned Local Community Event
- Evaluation

Contact us



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Course Delivery - You have 3 options;

Self-Paced - You can start today

- Enjoy one to one Trainer support through Zoom, choose whether to have your learner pack posted to your home - (€25 optional if opting for the printed pack). 3 x 30 minute check-in / progress sessions with your trainer.

Blended - Learn with a group online

- Each module is delivered over 7 weeks through a blend of hour long online self directed learning and live Zoom sessions. Your learner pack is posted to your home.

Classroom - Traditional location-based training

- Have the course run at your organisation, book a local training room or attend one of our public courses. Each module is delivered in 3 hour sessions over a period of 7/8 weeks. We can tailor the sessions to your organisational requirements.

Entry Requirements

Applicants who hold a Level 5 Certificate, Leaving Certificate (or equivalent) or who have relevant life experience are eligible to apply for this module. Please provide details and attach a copy of CV or Certificate. Learners must reside or be based in Ireland.

Assessment and Certification

Health Promotion (6N2214) is accessed through the submission of a project and a learner record. Upon successful completion, this module leads to a level 6 minor award on the National Framework of Qualifications.

Career and Progression Opportunities

The successful completion of this module as part of a major award will allow students to pursue a career in healthcare supervisory management. Students who successfully complete this module may use their credits towards completing a higher level of study in the areas of Health and Social Care. If completed as part of a major award, students can use the Certificate as the basis for entry into selected courses in Third Level Colleges and Universities.

Interested?

Feel free to call or e-mail us!

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