

YMCA Level 2 Award in Mental Health
Awareness and Understanding
Approaches to Support Individuals
(603/7146/8)

Qualification Specification



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YMCA Awards

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YMCA Level 2 Award in Mental Health Awareness and Understanding Approaches to Support Individuals

Qualification Specification

Qualification number: 603/7146/8

Operational start date: 1st March 2021

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Introduction

About YMCA Awards

At YMCA Awards we are passionate about learner progress. Our qualifications support every learner, whether they are taking their first steps into fitness or simply wish to boost their skills. Our high quality resources and assessment materials have been created by industry experts in consultation with employers and training providers.

YMCA Awards are an internationally recognised organisation. We are highly respected in health and fitness circles, and most importantly of all, we have helped over 200,000 people launch and advance their careers.

Qualification overview

This qualification is regulated by:

- Ofqual
- CCEA (Council for Curriculum, Examinations and Assessment)
- Qualifications Wales (QW).

Qualification aim

The aim of this qualification is to develop the essential knowledge of learner's in order for them to understand mental health, mental ill health and risks associated with mental health conditions. On developing an awareness of mental health learners are able to support individuals with mental health conditions by referring them to mainstream medical or alternative support organisations.

Overview of knowledge, skills and understanding

- Awareness of mental health and supporting those with mental health within scope of practice:
 - How to differentiate between mental health and mental ill health.
 - Identifying the prevalence of mental health conditions.
 - Understanding factors contributing to mental health and recognising signs and symptoms of common mental health conditions.
 - Understanding how attitudes to mental health can affect those with mental health conditions.
 - How to support those with mental health conditions by referring them to mainstream medical or alternative support organisations.
 - How physical activity can impact mental health.

Target group and age range

This qualification has been designed to be accessed by those aged 14 years and older.

Qualification structure

To achieve the **YMCA Level 2 Award in Mental Health Awareness and Understanding Approaches to Support Individuals (603/7146/8)** learners must successfully complete one mandatory unit:

Unit reference number	Unit title	Level	Credit
H/618/5687	Mental health awareness and support	2	3

The Total Qualification Time (TQT) for this qualification is 29. The Guided Learning Hours (GLH) assigned are 23.

Total Qualification Time (TQT)

This is an estimate of the total amount of time (measured in hours) that a learner would reasonably need to be able to show the level of achievement necessary for the award of a qualification.

Total Qualification Time is made up of the following two elements:

- The number of hours an awarding organisation has assigned to a qualification for guided learning (see below).
- An estimate of the number of hours a learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training. This includes assessment which takes place as directed by – but not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

Guided Learning Hours (GLH)

This is:

- Face-to-face delivery (learning delivered by a lecturer, supervisor, tutor or other appropriate member of the training team).
- eLearning with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place).
- Invigilated assessment (external tests sat under controlled or open book conditions).
- Internal assessment carried out by the learner with a lecturer, teacher or tutor present/available in real time (the co-presence of learner and tutor can be either remote or in the same physical place).

This is not:

Unsupervised learning such as:

- eLearning that the learner carries out unsupervised and with no real-time support from a lecturer, teacher or tutor.
- Assessment internally carried out by the learner without a lecturer, teacher or tutor present/available in real-time eg, completing a Learner Assessment Record (LAR) at home.

- Any additional further study, revision and training activities that the learner does unsupervised to support their learning.

Recommended Guided Learning Hours – our ongoing review

Your External Quality Assurer (EQA) will ask you to give feedback on GLH annually as part of the quality assurance visit. You should base your feedback on a typical learner taking this qualification and the time spent on supervised learning (GLH). If you feel the GLH is different from the above and you wish to give feedback before your next EQA visit, please email us: awards.support@ymca.co.uk.

Entry requirements

There are no formal prerequisites.

Opportunities for progression

This qualification doesn't provide automatic progression onto another YMCA Awards qualification however it may provide progression opportunities on to qualifications related to careers in mental health, health and social care, counselling, or psychology.

Learners taking this qualification may also consider further training at the same and higher levels in a range of qualifications. For example:

- YMCA Level 2 Award in Nutrition for Healthy Living (600/5269/7)
- YMCA Level 2 Certificate in Gym Instructing (603/2767/4)
- YMCA Level 2 Certificate in Group Exercise Instructing (TBC)
- YMCA Level 2 Diploma in Exercise and fitness Instructing (TBC)
- YMCA Level 3 Award in Emergency First Aid at Work (603/1902/1)
- YMCA Level 3 Award in First Aid at Work (603/1903/3)
- YMCA Level 3 Diploma in Personal Training (Practitioner) (603/2438/7)
- YMCA Level 3 Diploma in Teaching Pilates (Practitioner) (603/3855/6)
- YMCA Level 3 Diploma in Teaching Yoga (Practitioner) (603/3617/1).

Mapping to standards

Some of the content in this qualification is associated with the following:

- SFHMH90: Support others to promote understanding and help to improve people's mental health
- SFHMH14: Identify potential mental health needs and related issues
- SFHMH94: Enable people to recover from distressing mental health.

Centre approval

This qualification can only be offered by centres approved by YMCA Awards to deliver it. Details of the YMCA Awards approvals processes can be found on our website:

www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre.

Qualification approval

If your centre is already approved, then you should only need to complete and submit a qualification approval application, through Y-Connect to deliver this qualification. However, you may also need to complete an additional staff approval form if the qualification is going to be delivered by staff who are not currently approved by YMCA Awards. Details of additional approvals can be found on our website: www.ymcaawards.co.uk/approvals.

Tutor, assessor and internal quality assurer (IQA) requirements

Staff carrying out the delivery, assessment and internal quality assurance of these qualifications must be able to demonstrate that they meet the requirements listed below.

Centres are expected to support their staff in ensuring that their knowledge remains current for the occupational area and that staff maintain best practice in delivery, mentoring, training, assessment and verification, taking account of any national or legislative developments.

Tutors

Tutors must:

- Be technically competent in the areas for which they are delivering training. This competence must be at least to the same level as the training being delivered.
- Have recent relevant experience in the specific area they will be delivering.
- Be occupationally knowledgeable in all areas for which they are delivering training. This knowledge must be at least to the same level as the training being delivered.
- Have credible experience of providing training.

Tutors should ideally hold or be working towards one of the following qualifications:

- Level 3 Award, Level 4 Certificate or Level 5 Diploma in Education and Training
- Bachelor of Education (BEd)
- Certificate in Education (Cert Ed)
- Preparing to Teach in the Lifelong Learning Sector (PTLLS)
- Certificate in Teaching in the Lifelong Learning Sector (CTLLS)
- Diploma in Teaching in the Lifelong Learning Sector (DTLLS)
- City & Guilds Further and Adult Education Teaching Certificate
- Postgraduate Certificate in Education (PGCE)
- SVQ Learning and Development (units should relate to provision of learning and development).

If none of the above are held, the centre's YMCA Awards External Quality Assurer will discuss appropriate timescales by which tutors may achieve a recognised teaching qualification.

Assessors

Assessors must:

- Be technically competent in the areas for which they are assessing. This competence must be at least to the same level as the assessment.
- Have recent relevant experience in the specific area they will be assessing.
- Be occupationally knowledgeable in all areas for which they are carrying out assessment. This knowledge must be at least to the same level as the assessment.
- Have credible experience of providing training and assessment.

Assessors should ideally hold or be working towards one of the following qualifications:

- Level 3 Certificate in Assessing Vocational Achievement
- Level 3 Award in Assessing Competence in the Work Environment
- Assessor unit A1 Assess Candidates Using a Range of Methods
- D32/33 Assess Candidate Performance Using Differing Sources of Evidence.

Note: Holders of A1 and D32/33 qualifications must work to the reviewed National Occupational Standards (NOS) for Learning and Development which can be found on the NOS Database:

www.ukstandards.org.uk.

If none of the above qualifications are held, the centre's YMCA Awards External Quality Assurer will discuss appropriate timescales by which assessors may achieve a recognised assessor qualification.

The assessor may be the tutor. However, the assessor cannot be the Internal Verifier.

Internal Quality Assurers

Internal quality assurers must:

- Be technically competent in the areas for which they are carrying out internal quality assurance. This competence must be at least to the same level as the qualification.
- Be occupationally knowledgeable in all areas for which they are carrying out internal quality assurance. This knowledge must be at least to the same level as the qualification.
- Have credible experience of internal quality assurance.

Internal verifiers should ideally hold or be working towards one of the following qualifications:

- Level 4 Award in Internal Quality Assurance
- Level 4 Certificate in Leading Internal Quality Assurance
- SVQ Learning and Development Unit 11 Internally Monitor and Maintain the Quality of Workplace Assessment
- V1 Conduct Internal Quality Assurance of the Assessment Process
- D34 Internally Verify the Assessment Process.

Note: Holders of V1 and D34 qualifications must work to the reviewed National Occupational Standards for Learning and Development which can be found on the NOS Database: www.ukstandards.org.uk.

If none of these qualifications are held, the centre's YMCA Awards External Quality Assurer will discuss appropriate timescales by which internal verifiers may achieve a recognised internal quality assurance qualification.

It is also recommended that internal quality assurers hold a recognised assessor qualification.

Registration

All learners must be registered within the first 10% of the duration of their course eg, for a course that lasts 10 days, learners should be registered on the first day of their course at the latest. For further details on registration please go to our website: www.ymcaawards.co.uk/registration.

Qualification availability

This qualification is available in:

- England and regulated by Ofqual
- Northern Ireland regulated by CCEA Regulation
- Wales and regulated by Qualifications Wales (QW)
- In other UK regions and outside the UK (regulated by Ofqual).

Reasonable adjustments and special considerations

In making this qualification available, YMCA Awards have made every attempt to ensure there are no unnecessary barriers to achievement. You can find full details of our reasonable adjustment and special considerations policy on our website: www.ymcaawards.co.uk/centres/policies-and-procedures.

Enquiries and appeals procedures

YMCA Awards have an appeals procedure in accordance with the regulatory arrangements in the General Conditions of Recognition. Full details of these procedures are available on our website: www.ymcaawards.co.uk/centres/policies-and-procedures.

How the qualification is assessed

Assessment is the process of measuring a learner's skills, knowledge and understanding against the standards set in the qualification.

This qualification is a unit based qualification and each unit contains learning outcomes and assessment criteria. Learning outcomes set out what the learner is expected to know, understand or be able to do as a result of the learning process. Assessment criteria detail the standards a learner is expected to meet and are broken down into what the learner 'can' do as a result of successfully achieving the unit.

The learner can be assessed holistically or individually as long as they show that the learning outcomes have been achieved.

Competency based learning outcomes (be able to) are typically assessed through direct observation and these will take place in a real work environment. Where a real work environment is not stipulated the observation can be simulated and be internally assessed.

Knowledge based learning outcomes (know or understand) can be assessed in a number of different ways such as worksheets, projects and professional discussion. The assessment method chosen should reflect the content of the unit.

This qualification must be assessed in line with the YMCA Awards assessment policies and procedures: www.ymcaawards.co.uk/centres/centre-guidance.

The YMCA Level 2 Award in Mental Health Awareness and Understanding Approaches to Support Individuals (603/7146/8) is assessed through internal assessment.

Internal assessment

We suggest the following approaches to internal assessment:

Using a Learner Assessment Record (LAR)

This document typically contains assessment guidance and paperwork developed by YMCA Awards to support the assessment of a qualification.

To check if a LAR is available for this qualification, please make sure you are logged into the centre home page on the website and follow this link:

www.ymcaawards.co.uk/centre-resources/specifications-syllabuses-and-lars.

Creating a portfolio of evidence

If the YMCA Awards LAR is not used to show evidence of internal assessment then the learner must create a portfolio of evidence. Centres must work with learners to create this portfolio and need to make sure that the learner's portfolio shows coverage of the learning outcomes and/or assessment criteria where required.

A typical portfolio of evidence could include:

- evidence index
- assessor observation – completed observational checklists and related action plans

- witness testimony
- candidate's proof of work
- worksheets
- assignments/projects/reports/presentations
- record of professional discussion
- record of oral and written questioning
- candidate and peer reports
- recognition of prior learning (RPL)
- summary of achievement.

Centres need to make sure assessment specifications and paperwork are signed off by the EQA before delivery.

The 'Qualification content' section of this specification will give you a guide to selecting appropriate assessment methods.

External assessment

There is no external assessment associated with this qualification.

Assessors

The role of the assessor is to make an informed judgement about the evidence a learner should provide to show they can meet the assessment criteria. For further guidance please see the 'Role of the assessor' document on the website: www.ymcaawards.co.uk/centres/centre-guidance.

Internal and external quality assurance

The role of the IQA is to make an informed judgement regarding the practice of and decisions made by the assessment team to maintain standards. They are a vital link between the IQA and EQA. For further information on the role of the IQA and the EQA go to the website: www.ymcaawards.co.uk/centres/centre-guidance.

Qualification content

Unit specifications and recommended assessment methods can be found below.

Mental health awareness and support (H/618/5687)

Unit aim:

This unit develops the knowledge required for learners to recognise different mental health conditions and attitudes towards mental health and mental illness. Learners will also be able to identify risks associated with mental health conditions and organisations and services that can support those with mental health conditions.

Unit content:

The learner will:

1. Understand mental health and mental ill health

The learner can:

1.1 Define the term Mental Health as defined by:

- The Health Education Authority (1997)
- The World Health Organisation (2018).

1.2 Describe the difference between mental health and mental ill health

1.3 Identify the prevalence of different mental health conditions

The learner will:

2. Understand mental health conditions

The learner can:

2.1 Describe factors that may contribute to the development of mental health conditions

2.2 Outline the signs and symptoms of some common mental health conditions, including:

- Depression
- Stress
- Generalised Anxiety Disorder (GAD)
- Panic Attacks
- Post-Traumatic Stress Disorder (PTSD)
- Schizophrenia

- Bipolar Disorder
- Eating Disorders.

The learner will:

3. Understand attitudes to mental health

The learner can:

3.1 Explain how attitudes towards mental health and mental illness may impact individuals with mental health conditions

3.2 Explain how the media may affect attitudes towards mental health

The learner will:

4. Know risks associated with mental health conditions

The learner can:

4.1 Identify risks of mental health conditions

4.2 Identify how risks can be managed

4.3 Identify organisations and services to signpost and support those with mental health conditions

The learner will:

5. Know mainstream and alternative methods of supporting individuals with mental health conditions

The learner can:

5.1 Identify common approaches to treatment of mental health conditions

5.2 Describe alternative approaches to manage mental health conditions

5.3 Explain the importance of healthy eating for mental health

5.4 Identify other ways to support mental health

The learner will:

6. Understand the importance of physical activity and exercise for mental health

The learner can:

6.1 Explain the benefits of physical activity for mental health

6.2 Describe different types of physical activity and exercise that can be used to support mental health

6.3 Explain the recommended guidelines for physical activity to maintain health

Assessment specification	Poster/leaflet/infographic designs
	Worksheet
	Case study



YMCA Awards is one of the UK's leading health, fitness and wellbeing specific awarding organisations. It offers training centres and learners across the world a diverse suite of qualifications, from introductory (Level 1) to advanced levels (Level 4).

YMCA Awards issues over 30,500 qualification certificates a year, helping learners in the UK and overseas to launch and progress their careers in the active leisure sector.

*To view YMCA Awards' full range of qualifications please visit
www.ymcaawards.co.uk.*

Awarding excellence

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