



**TRANSCEND**  
AWARDS

# Transcend Level 1 Certificate in Immune System Boosting

Qualification Unit Specification

Version 01: 01 April 2020

# Qualification Unit Specification

Unit 1					
Unit title:		Immune system boosting activities			Unit Level 1
Unit aim:		The aim of this unit is to develop learner's ability to assess wellness levels in order to plan, participate in and review a series of wellness activities designed to boost the immune system.			
Learning outcomes		Assessment criteria		Delivery content and assessment attainment indicators	Assessment
LO1	Be able recognise wellness factors that affect the immune system	AC1.1	Recognise wellness factors that affect the immune system	Immune system defined Immune system and wellness factors <sup>1</sup> Immune system and wellness assessment	Preparation
LO2	Be able plan and participate in wellness activities that help to boost the immune system	AC2.1	Plan, participate in and track progress on a wellness activity programme created to boost the immune system	Plan, participate and monitor progress in physical wellness activities Plan, participate and monitor progress in mental wellness activities Plan, participate and monitor progress in emotional wellness activities Plan, participate and monitor progress in social wellness activities Plan, participate and monitor progress in environmental wellness activities	Planning and Participation
LO3	Be able to review the effects of wellness activities that help to boost the immune system	AC3.1	Review the effects of a wellness activity programme	Review and rationalise the effects of physical wellness activities Review and rationalise the effects of mental wellness activities Review and rationalise the effects of emotional wellness activities Review and rationalise the effects of social wellness activities Review and rationalise the effects of environmental wellness activities	Performance review

<sup>1</sup> Physical, mental, emotional, social, and environment

## Appendix 01: Qualification Specification Version Control

This document is subject to version control. We will request feedback from centres in advance of any change. We will then inform centres of the changes made in advance and will re-publish the specification via our website. All changes will be tracked here and confirmed as an updated version.

Version	Publication date	Publication details
Version 01	01 Apr 2020	Publication 01