



TRANSCEND
AWARDS

Transcend Level 2 Certificate in Wellness Optimisation

Qualification Pathway Unit Specifications
[All Pathways]

Version 01: 17 May 2020

Welcome!

The **Transcend Level 2 Certificate in Wellness Optimisation** is an Ofqual regulated qualification designed to be achieved in the context of one of the following specialist pathways:

Wellness Optimisation [in Holistic health](#)

Wellness Optimisation [in Rugby League](#)

Wellness Optimisation [in Football](#)

Recognised centres are required to meet the supplementary qualification conditions for each qualification pathway due to the technical differences required to deliver and assess each pathway.

All learners are required complete the core mandatory unit in **Wellness Optimisation**. They must then achieve one other mandatory unit for their selected pathway to be awarded the qualification certificate. The certificate will show the full title of the qualification in the context of the pathway as shown below.

Transcend Level 2 Certificate in Wellness Optimisation [for Holistic health](#)

Transcend Level 2 Certificate in Wellness Optimisation [for Rugby League](#)

Transcend Level 2 Certificate in Wellness Optimisation [for Football](#)

Learners are eligible to complete the qualification in the context of one or more pathways. In these cases where a learner has already achieved the core unit they are exempt from repeating the learning elements. They will however be required to be assessed on both units in the context of each pathway for validity purposes.

This unit specification contains the core mandatory unit and the mandatory unit for each of the pathways. The qualification units are best delivered and assessed using the integrated learning and assessment programme provided by the awarding organisation. We have developed three programmes which have been tailored specifically to enable learners to be developed in the context of their selected pathway.

Our pathway programmes are made available to recognised centres at the point of them being approved to deliver that specific pathway¹. Each programme is especially designed to enable both units to be delivered in the pathway context. Three **Learner Assessment Portfolios** have also been created in the context of each pathway and are again provided to recognised centres as part of the pathway approval process. These are uniquely designed to influence the sustainable transformation of the learners through dynamic assessment of the learners wellness profiling, planning, programming, progress and performance impact analysis skills in context.

The delivery models, learning and assessment tools have been tailored to each pathway to ensure the best possible experience for each learner in context. However, should the recognised centre choose to develop their own delivery model and materials these must be mapped to the core unit, the relevant pathway unit and the overall qualification pathway conditions to be approved to deliver **Transcend Level 2 Certificate in Wellness Optimisation** in a selected pathway.

¹ We do not change for the programme or the assessment tools to ensure that we offer every opportunity for learners to receive an exiting experience and fair assessment. If centres do prefer to develop their own tools these must be mapped to the qualification and pathway specification and approved by the awarding organisation prior to delivery. This is to ensure that standards are maintained and the level of demand in each task is maintained.

Mandatory Core Unit [All Pathways]					
Unit title:		Wellness optimisation			Unit Level 2
Unit aim:		The aim of this unit is to develop the learner's ability to analyse wellness levels in line with the WHO model for holistic health and from a whole person perspective.			
Learning outcomes		Assessment criteria		Delivery content and assessment attainment indicators	Assessment
LO1	Be able to analyse wellness from a physical perspective	AC1.01	Demonstrate ability to analyse physical wellness levels	Physical dimension: sleep Physical dimension: physical activity Physical dimension: diet and hydration	Profiling Performance
LO2	Be able to analyse wellness from a psychological perspective	AC2.01	Demonstrate ability to analyse psychological wellness levels	Psychological dimension: intellect Psychological dimension: emotion Psychological dimension: spirit	Profiling Performance
LO3	Be able to analyse wellness from a sociological perspective	AC3.01	Demonstrate ability to analyse psychological wellness levels	Sociological dimension: environment Sociological dimension: social interaction Sociological dimension: vocational direction and financial acumen	Profiling Performance
LO4	Be able to analyse dimension interaction to facilitate whole person wellness	AC4.01	Demonstrate ability to analyse whole person wellness levels	Wellness levels for whole person: social Wellness levels for whole person: spiritual Wellness levels for whole person: physical Wellness levels for whole person: emotional Wellness levels for whole person: vocational Wellness levels for whole person: intellectual Wellness levels for whole person: environmental Wellness levels for whole person: dimension interaction	Profiling Performance

Pathway Unit 01: Holistic Health					
Unit title:		Wellness programming for holistic health			Unit Level 2
Unit aim:		The aim of this unit is to develop learner's ability to optimise their wellness in the holistic health context through profiling, planning, programming and performance review of wellness activities tailored to their own needs and goals.			
Learning outcomes		Assessment criteria		Delivery content and assessment attainment indicators	Assessment
LO1	Be able to prepare to optimise wellness in the context of holistic health	AC1.01	Demonstrate ability to profile wellness levels from the holistic health perspective	Profiling holistic health wellness levels: physical Profiling holistic health wellness levels: intellectual Profiling holistic health wellness levels: emotional Profiling holistic health wellness levels: spiritual Profiling holistic health wellness levels: social Profiling holistic health wellness levels: environmental Profiling holistic health wellness levels: vocational Profiling holistic health wellness levels: dimension interaction	Profiling
LO2	Be able to plan a wellness optimisation programme in the context of holistic health	AC2.01	Demonstrate ability to plan a practical wellness optimisation programme from the holistic health perspective	Plan a holistic health related physical wellness programme Plan a holistic health related intellectual wellness programme Plan a holistic health related emotional wellness programme Plan a holistic health related spiritual wellness programme Plan a holistic health related social wellness programme Plan a holistic health related environmental wellness programme Plan a holistic health related vocational and financial wellness programme	Planning
LO3	Be able to participate in a wellness optimisation programme in the context of holistic health	AC3.01	Demonstrate ability to optimise wellness levels through participation and progress monitoring on a wellness programme from the holistic health perspective	Participate in a holistic health related physical wellness programme Participate in a holistic health related intellectual wellness programme Participate in a holistic health related emotional wellness programme Participate in a holistic health related spiritual wellness programme Participate in a holistic health related social wellness programme Participate in a holistic health related environmental wellness programme Participate in a holistic health related vocational and financial wellness programme	Participation
LO4	Be able to review the impact of a wellness optimisation programme in the context of holistic health	AC4.01	Review the impact of a wellness optimisation programme from a holistic health perspective and justify results to ensure sustainable wellness and holistic health	Review the effects of a holistic health related physical wellness programme Review the effects of a holistic health related intellectual wellness programme Review the effects of a holistic health related emotional wellness programme Review the effects of a holistic health related spiritual wellness programme Review the effects of a holistic health related social wellness programme Review the effects of a holistic health related environmental wellness programme Review the effects of a holistic health related vocational and financial wellness programme Review the effects of a holistic health programme considering dimension interaction	Performance

Pathway Unit 02: Rugby League					
Unit title:		Wellness programming for rugby league			Unit Level 2
Unit aim:		The aim of this unit is to develop learner's ability to optimise rugby league performance through wellness programming in this context.			
Learning outcomes		Assessment criteria		Delivery content and assessment attainment indicators	Assessment
LO1	Be able to prepare to optimise wellness in the context of rugby league	AC1.01	Demonstrate ability to profile wellness levels from the rugby league player perspective	Profiling rugby league wellness levels: physical Profiling rugby league wellness levels: intellectual Profiling rugby league wellness levels: emotional Profiling rugby league wellness levels: spiritual Profiling rugby league wellness levels: social Profiling rugby league wellness levels: environmental Profiling rugby league wellness levels: vocational Profiling rugby league wellness levels: dimension interaction	Profiling
LO2	Be able to plan a wellness optimisation programme in the context of rugby league	AC2.01	Demonstrate ability to plan a wellness optimisation programme from the rugby league player perspective	Plan a rugby league related physical wellness programme Plan a rugby league related intellectual wellness programme Plan a rugby league related emotional wellness programme Plan a rugby league related spiritual wellness programme Plan a rugby league related social wellness programme Plan a rugby league related environmental wellness programme Plan a rugby league related vocational and financial wellness programme	Planning
LO3	Be able to participate in a wellness optimisation programme in the context of rugby league	AC3.01	Demonstrate ability to participate in a wellness optimisation programme from the rugby league player perspective	Participate in a rugby league related physical wellness programme Participate in a rugby league related intellectual wellness programme Participate in a rugby league related emotional wellness programme Participate in a rugby league related spiritual wellness programme Participate in a rugby league related social wellness programme Participate in a rugby league related environmental wellness programme Participate in a rugby league related vocational and financial wellness programme	Participation
LO4	Be able to review the performance impact of as wellness optimisation programme in the context of rugby league	AC4.01	Review the effects of a wellness optimisation programme from a rugby league perspective	Review the effects of a rugby league related physical wellness programme Review the effects of a rugby league related intellectual wellness programme Review the effects of a rugby league related emotional wellness programme Review the effects of a rugby league related spiritual wellness programme Review the effects of a rugby league related social wellness programme Review the effects of a rugby league related environmental wellness programme Review the effects of a rugby league related vocational and financial wellness programme Review the effects of a rugby league programme considering dimension interaction	Performance

Pathway Unit 03: Football					
Unit title:		Wellness programming for football			Unit Level 2
Unit aim:		The aim of this unit is to develop learner's ability to optimise football performance through wellness programming in this context.			
Learning outcomes		Assessment criteria		Delivery content and assessment attainment indicators	Assessment
LO1	Be able to prepare to optimise wellness in the context of football	AC1.01	Demonstrate ability to profile wellness levels from the football player perspective	Profiling football wellness levels: physical Profiling football wellness levels: intellectual Profiling football wellness levels: emotional Profiling football wellness levels: spiritual Profiling football wellness levels: social Profiling football wellness levels: environmental Profiling football wellness levels: vocational Profiling football wellness levels: dimension interaction	Profiling
LO2	Be able to plan a wellness optimisation programme in the context of football	AC2.01	Demonstrate ability to plan a wellness optimisation programme from the football player perspective	Plan a football related physical wellness programme Plan a football related intellectual wellness programme Plan a football related emotional wellness programme Plan a football related spiritual wellness programme Plan a football related social wellness programme Plan a football related environmental wellness programme Plan a football related vocational and financial wellness programme	Planning
LO3	Be able to participate in a wellness optimisation programme in the context of football	AC3.01	Demonstrate ability to participate in a wellness optimisation programme from the football player perspective	Participate in a football related physical wellness programme Participate in a football related intellectual wellness programme Participate in a football related emotional wellness programme Participate in a football related spiritual wellness programme Participate in a football related social wellness programme Participate in a football related environmental wellness programme Participate in a football related vocational and financial wellness programme	Participation
LO4	Be able to review the performance impact of as wellness optimisation programme in the context of football	AC4.01	Review the effects of a wellness optimisation programme from a football perspective	Review the effects of a football related physical wellness programme Review the effects of a football related intellectual wellness programme Review the effects of a football related emotional wellness programme Review the effects of a football related spiritual wellness programme Review the effects of a football related social wellness programme Review the effects of a football related environmental wellness programme Review the effects of a football related vocational and financial wellness programme Review the effects of a football programme considering dimension interaction	Performance

Appendix 01: Qualification Unit 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	17 May 2020	Publication 01