



Transcend Level 2 Award in Youth Wellbeing and Influencing Factors

Qualification Unit Specification
Version 01: 07 September 2021

Qualification Unit Specification

U01						
Unit title:		Youth Wellbeing and Influencing Factors				Unit Level 2
Unit aim:		The aim of this unit is to develop the learner's knowledge of youth wellbeing and the influencing factors. Learners will develop an understanding of the health and wellbeing guidelines for youths aged 11-18. They will understand wellbeing dimensions, influencing factors and techniques to apply to develop youth wellbeing using a holistic approach				
Learning outcomes		Assessment criteria		Delivery Content and Assessment Attainment Indicators	CIMSPA PS	Assessment
LO1	Understand health and wellbeing guidelines for youths aged 11-18	AC1.01	Define the terms youth and adolescence	Youth and adolescence definition [11-18] Youth and adolescence ages and stages of development [11-18]	WWC: K3.2 [partial]	Portfolio [Questioning]
		AC1.02	Describe health agendas and guidelines designed to promote youth wellbeing	Guidelines for youths and adolescents [11-18] The WHO Guidelines for youths and adolescents [11-18] The CMO Guidelines for children's rights [Education, Play, Health] The UNCRC Guidelines for children's rights [Access to sport and physical activity] UNESCO	WWC: K1.1.1	Portfolio [Questioning]
LO2	Understand youth wellbeing and influencing factors	AC2.01	Describe dimensions that influence youth wellness	Wellness dimension [Social] Wellness dimension [Spiritual] Wellness dimension [Emotional] Wellness dimension [Physiological] Wellness dimension [Psychological] Wellness dimension [Environmental] Wellness dimension [interaction between domains]	WWC: K3.1.1.1	Portfolio [Questioning]
		AC2.02	Describe factors that influence physiological wellbeing	Physical influencing factors [Genetics] Physical influencing factors [Nutrition] Physical influencing factors [Exercise] Physical influencing factors [Sleep]	WWC: 3.2	Portfolio [Questioning]
		AC2.03	Describe factors that influence psychological wellbeing	Psychological influencing factors [Autonomy] Psychological influencing factors [Boundaries] Psychological influencing factors [Independent thought]	WWC: K3.5	Portfolio [Questioning]
		AC2.04	Describe factors that influence emotional wellbeing	Emotional influencing factors [Attitudes] Emotional influencing factors [Self-esteem] Emotional influencing factors [Labile mood states]	WWC: K3.4	Portfolio [Questioning]

LO2	Understand youth wellbeing and influencing factors [continued]	AC2.05	Describe factors that influence social wellbeing	Social influencing factors [Confidence] Social influencing factors [Conformity] Social influencing factors [Peer pressure] Social influencing factors [Peer relationships]	WWC: K3.3	Portfolio [Questioning]
		AC2.06	Describe factors that influence spiritual wellbeing	Spiritual influencing factors [identity] Spiritual influencing factors [sexual orientation]	WWC: K3.3	Portfolio [Questioning]
		AC2.07	Describe factors that influence environmental wellbeing	Environmental influencing factors [family] Environmental influencing factors [external] Environmental influencing factors [education]	WWC: K4.1 WWC: K4.2 WWC: K4.3	Portfolio [Questioning]
LO3	Understand techniques to develop youth wellbeing	AC3.01	Describe techniques to develop youth wellbeing	Techniques to develop youth wellbeing considering all domains Techniques to develop youth wellbeing considering domain interaction Techniques to consider youths as unique individuals considering the world around them	WWC: S3.1.1 [Partial]	Portfolio [case study]

Appendix 01: Qualification 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	Details
Version 01	07 September 2021	Publication 01