

## Component Specification

<b>Component title</b>	Relaxation Techniques
<b>Award type</b>	Minor
<b>Component code</b>	M1H21
<b>Level</b>	1
<b>Credit value</b>	5
<b>Purpose</b>	<p>This award recognises elementary knowledge, skill and competence in preferred relaxation techniques. It provides recognition for appropriate use of language and concept, within a variety of familiar and well supported contexts.</p> <p>It provides credit towards the <b>Level 1 Certificate in General Learning and the Level 1 Certificate in Communications.</b></p>
<b>Learning outcomes</b>	<p>The learner will be able to:</p> <ul style="list-style-type: none"><li><b>(RT1)</b> Identify some ways to relax</li><li><b>(RT2)</b> Describe feeling relaxed, e.g. <i>one specific instance watching a sunset/walking a dog</i></li><li><b>(RT3)</b> Identify a preferred relaxation method</li><li><b>(RT4)</b> Identify appropriate places to use the preferred relaxation method, e.g. <i>tensing/relaxing muscles while standing in a queue, doing a head/neck roll when unobserved</i></li></ul>
<b>Transfer</b>	Learners who successfully complete this component are eligible to transfer to programmes leading to other awards at Level 1 as appropriate to the requirements for the specific named award.
<b>General assessment requirements</b>	See Assessment Guidelines for Providers. The Guidelines describe the assessment technique (s) identified below.
<b>Specific assessment requirements</b>	In order to demonstrate they have reached the standards of knowledge, skills and competence outlined in this component, learners are required to complete a collection of work/portfolio.

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## **Evidence**

This may include:

- Skills demonstration
- Photographs, audio/video tapes, collage, cloze exercise, other documentary evidence
- Tutor verification, for example a description by the tutor of what was done by the candidate, clearly signed off by the tutor and the candidate.

## **Grading**

The achievement of awards at Level 1-3 are graded as follows:

**Successful** indicates that the learner has achieved **all** the learning outcomes, within a narrow range of predictable and structured contexts.

**Referred** indicates more learning is required to enable satisfactory achievement of one or more learning outcomes.

## **Specific validation requirements**

All quality assurance registered providers wishing to offer programmes leading to this award should have the appropriate and sufficient resources in place or allocated prior to submitting an application for programme validation.

All applications for programme validation with regard to components should identify the certificate or certificates that the learner can overtime achieve.

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