

Component Specification

Component title	Relaxation Techniques
Award type	Minor
Component code	M2H21
Level	2
Credit value	5
Purpose	<p>This award recognises basic knowledge, skill and competence in the personal application of 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 Level 2 Certificate in General Learning.</p>
Learning outcomes	<p>The learner will be able to:</p> <ul style="list-style-type: none">(RT1) Identify benefits of relaxation to personal and interpersonal life(RT2) Demonstrate a variety of relaxation techniques(RT3) Practice a range of relaxation techniques in real life circumstances, e.g. <i>taking time to actively enjoy the immediate environment, breathing exercises when queuing</i>(RT4) Identify a range of situations in which ability to relax has been helpful(RT5) Evaluate success in using relaxation techniques in different contexts
Transfer	Learners who successfully complete this component are eligible to transfer to programmes leading to other awards at Level 2 as appropriate to the requirements for the specific named award.
General assessment requirements	See Assessment Guidelines for Providers. The Guidelines describe the assessment technique (s) identified below.

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Specific assessment requirements 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.

Evidence

This may include:

- Skills demonstration
- Exercise Log
- Photographs, audio/video tapes
- 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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