



Excelon
Learning

Qualification

Level 1 Certificate in Well-Being (601/4182/7)

NCFE





Course Description

The **Level 1 Certificate in Well-Being** is designed for learners with an interest in developing knowledge of their own and others' well-being. It provides a broad introduction to a variety of well-being topics and supports learners to understand how lifestyle choices can impact health and overall quality of life.

This qualification helps learners develop awareness of personal health, mental health, relationships, substance misuse, personal safety, nutrition, and other key well-being areas. It supports informed decision-making and encourages learners to make healthier lifestyle choices.

Course Structure

The **Level 1 Certificate in Well-Being** consists of **five mandatory units**:

UNIT 01 Develop an awareness of substance misuse

UNIT 02 Personal safety awareness

UNIT 03 Introductory awareness of the importance of healthy eating and drinking for adults

UNIT 04 Introduction to alcohol awareness for the individual

UNIT 05 Dementia awareness



How We Support You – Our Support and Delivery Model

Our courses are designed to be accessible, supportive, and suitable for learners at all levels. All learning materials are written in clear, straightforward language to help learners build understanding and confidence.

Courses are delivered entirely through **self-paced distance learning** via our online platform, enabling learners to study flexibly alongside work, education, or personal commitments.

Learners have continuous access to tutor support throughout their course. Tutors can be contacted via the VLE or email, with responses typically provided within 24 to 48 hours.

Additional **on-demand support sessions** may be arranged where required. Regular **live webinars** are also offered, subject to tutor availability, providing opportunities for engagement, questions, and reinforcement of learning.

Assessment Process

Assessment is completed through:

Written assignments

There are **no formal examinations**. Assessment focuses on demonstrating understanding, awareness, and the ability to apply knowledge appropriately.

Course Duration

The course offers **103 Guided Learning Hours (GLH)** and is delivered through flexible, self-paced learning. It can typically be completed within approximately **3 months**, depending on the learner's own pace. Course access expires after one year, and a re-enrolment charge is applicable.



Our Process

01.

Choose & Pay for Your Course Online

Select your desired course and payment method online. Opt for either full payment or convenient monthly instalments where available. Complete your payment after filling out the application form.

02.

Fill Out the Enrolment Form

After payment, you will be prompted to complete the enrolment form. This form gathers all necessary details required for your registration with the awarding organisation.

03.

Access the VLE – Moodle

Start your course on our user-friendly Virtual Learning Environment (VLE). Here, you will find all learning materials, resources, and guidance required to support your studies. Your dedicated tutor will guide you through the process and provide feedback throughout your learning journey.

04.

Submit Assignments & Receive Feedback

Engage in the learning process by submitting assignments through the VLE. Your assigned tutor will provide constructive feedback to help you refine your work and make progress in your studies.

05.

Successfully Complete Assignments

Work diligently to complete all required course components and assessment tasks. Your commitment and effort will contribute to successful course completion.

06.

Obtain Your Accredited Certificate

Upon successfully completing the course, your work will undergo internal quality assurance and external verification. Once approved, you will receive an Ofqual-regulated accredited certificate recognising your achievement.



Course Brochure Takeaways

A nationally
recognised
Level 1
qualification

Suitable for
learners aged
14+

Flexible unit
choice – no
mandatory
units

No exams or
work placement
required

Flexible online,
self-paced
study

Supports
progression
to Level 2 Health,
Nutrition, or
Mental Health
qualifications

Level 1 Certificate in Well-Being

Apply Now