

Keeping active and occupied

4 Movement and exercise

Our learning material is designed to help you to work towards Qualification and Credit Framework (QCF) units and will support you to work towards the Diploma in Health and Social Care at level 2 or 3. This document provides you with information about how the feature links to specific QCF units, and offers an activity which you could use to help demonstrate your learning. A general explanation about the QCF can be found at the end.

Linking to Health and Social Care Diplomas at Level 2 and 3

The learning in the feature <http://www.scie.org.uk/publications/dementia/living-with-dementia/keeping-active/movement-exercise.asp> will help you to understand and prepare for assessment in the following QCF units:

Health and Social Care Diploma Level 2	Health and Social Care Diploma Level 3
SHC 21, HSC026, Dem 201, Dem 202, Dem 205, Dem 207, Dem 308, Dem 310, Dem 204, Dem 209, Dem 210, Dem 211, Dem 304, Dem 312, Dem 313, HSC 2010, HSC 2023, HSC 2002	SHC 31, HSC 036, Dem 301, Dem 308, Dem 310, Dem 304, Dem 312, Dem 313, HSC 3008

Activity to support your learning

The activity for <http://www.scie.org.uk/publications/dementia/living-with-dementia/keeping-active/movement-exercise.asp> can be used to provide evidence for the QCF unit HSC 2002. To do this, copy the activity into a Word document, then complete and keep a record of your answers in full there.

[Add in an additional question for this activity: position after the final question, 'What prevents us from helping individuals with dementia to go out of their house or the home more often?'] What are the benefits of helping a person with dementia to maintain and improve their mobility?

General Explanation

The Qualification and Credit Framework is a flexible, 'mix and match' approach to gaining qualifications.

Every unit and qualification has both a credit value and a level. The credit value shows approximately how much time it takes to complete. The level shows how difficult the unit or qualification is. In adult social care there are vocational qualifications/units from level 1 through to level 7.

There are three sizes of qualification:

- Award (1-12 credits)
- Certificate (13-36 credits)
- Diploma (above 36 credits)

In order to obtain a Level 2 Diploma in Health and Social Care you will need 46 credits for a Level 3 Diploma in Health and Social Care you will need 58 credits.

At both level 2 and level 3 there are mandatory units and optional units; you can also choose to follow specific pathways:

- Generic qualification
- Dementia pathway
- Learning Disability Pathway

When you have selected a pathway there are specific units that you need to do. More information about QCF awards can be found at: <http://www.skillsforcare.org.uk>