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**GOVERNMENT NOTICE**

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**SOUTH AFRICAN QUALIFICATIONS AUTHORITY**

No. 870

15 October 2010

**SOUTH AFRICAN QUALIFICATIONS AUTHORITY (SAQA)**

In accordance with Regulation 24(c) of the Regulations of 28 March 1998, the Task Team for

**WELLNESS**

registered by Organising Field 09 – Health Sciences and Social Services, publishes the following Unit Standards for public comment.

This notice contains the titles, fields, sub-fields, NQF levels, credits, and purposes of the Unit Standards. The full Unit Standards can be accessed via the SAQA web-site at [www.saqa.org.za](http://www.saqa.org.za). Copies may also be obtained from the Directorate for Registration and Recognition at the SAQA offices, SAQA House, 1067 Arcadia Street, Hatfield, Pretoria.

Comment on the Unit Standards should reach SAQA at the address *below and no later than 15 November 2010*. All correspondence should be marked **Registration and Recognition** – addressed to

The Director: Registration and Recognition  
SAQA

*Attention: Mr. E. Brown*

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Private Bag X06

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D. MPHUTHING

ACTING DIRECTOR: REGISTRATION AND RECOGNITION



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:***Explain the need for wellness awareness programmes*

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
377162	Explain the need for wellness awareness programmes		
<b>ORIGINATOR</b>	<b>PROVIDER</b>		
Task Team - Wellness			
<b>FIELD</b>	<b>SUBFIELD</b>		
9 - Health Sciences and Social Services	Preventive Health		
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	4

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Describe how wellness awareness programmes result in health improvement benefits in the workplace.

**SPECIFIC OUTCOME 2**

Explain how wellness awareness programmes result in commercial benefits for the workplace.

**SPECIFIC OUTCOME 3**

Explain how wellness awareness programmes benefit the workplace by increasing employee morale.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

None



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:*****Explain the fundamentals of the concepts of 'wellness'***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
377160	Explain the fundamentals of the concepts of 'wellness'		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
Task Team - Wellness			
<b>FIELD</b>		<b>SUBFIELD</b>	
9 - Health Sciences and Social Services		Preventive Health	
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	8

New NQF Level: NQF Level 04

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Supply and compare a minimum of three generally accepted definitions of wellness.

**SPECIFIC OUTCOME 2**

Describe the components of three generally accepted wellness models.

**SPECIFIC OUTCOME 3**

Identify the commonalities between a minimum of three different wellness models.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

None



## SOUTH AFRICAN QUALIFICATIONS AUTHORITY

**UNIT STANDARD:*****Plan a wellness awareness programme for implementation in the workplace***

<b>SAQA US ID</b>	<b>UNIT STANDARD TITLE</b>		
377161	Plan a wellness awareness programme for implementation in the workplace		
<b>ORIGINATOR</b>		<b>PROVIDER</b>	
Task Team - Wellness			
<b>FIELD</b>	<b>SUBFIELD</b>		
9 - Health Sciences and Social Services	Preventive Health		
<b>ABET BAND</b>	<b>UNIT STANDARD TYPE</b>	<b>NQF LEVEL</b>	<b>CREDITS</b>
Undefined	Regular	Level 4	14

New NQF Level: NQF Level 04

***This unit standard does not replace any other unit standard and is not replaced by another unit standard.***

**SPECIFIC OUTCOME 1**

Explain modifiable risk factors in relation to wellness in the workplace environment.

**SPECIFIC OUTCOME 2**

Describe wellness awareness programme as a tool to change modifiable health risk factors.

**SPECIFIC OUTCOME 3**

Source valid information for inclusion in the planning of a wellness awareness programme.

**QUALIFICATIONS UTILISING THIS UNIT STANDARD**

None



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