

Health & Wellbeing Advisor

COURSE CONTENT	
Exercise & Fitness	5N2668
Intercultural Studies	5N0765
Mental Health Awareness	6N2209
Team Working	5N1367
Work Experience	5N1356
Social Studies	5N1370
Human Resources	5N3586
Safety & Health at Work	5N3772
Healthy Eating & Wellbeing	ITEC
Additional Training/Workshops	
Indian Head Massage	
Data Protection	
Stress Management	

INTRODUCTION

Wellbeing is a dynamic growth area that has become part of professional life in all organisations. If you would like to become the person in a company/business who is knowledgeable about the importance of all aspects of health and wellbeing then this is the course for you. We are all becoming aware of the critical importance of our physical and mental health and this course serves to increase awareness of the issues and ways of addressing them.

ENTRY REQUIREMENTS

Leaving Certificate, LCA or QQI Level 4. Mature students are exempt from Leaving Certificate requirements. All applicants are interviewed. An offer of a place on this courses is contingent on the applicant meeting the entry requirement set out here and satisfactory presentation at interview.

CERTIFICATION

QQI Level 5 Certificate in Community Health Services 5M4468
 QQI component Maths 5N1833 (available as an option in the evening for learners requiring Maths for progression)
 ITEC Level 3 Award in Healthy Eating & Wellbeing

WORK PLACEMENT/EXPERIENCE

Students undertake a block work placement of 2 weeks in a health related environment or in the wellbeing department of a company.

EDUCATION PROGRESSION OPPORTUNITIES

UCC: Arts (CK101), Social Science (CK102), Youth & Community Work (CK114) (Must be over 21 and at least one year's relevant work experience in the area), Criminology (CK113), International Development & Food Policy (CK214) **CIT/MTU:** Social Care (CR031), Recreation & Leisure Management (CR032), Community Development (CR035), Hospitality Management (CR042), **CCOC:** QQI Level 6 Advanced Psychosocial Awareness & Training (6M2263)
 Special arrangements in place with CIT/MTU (CCPS), Tralee IT/MTU and Waterford IT for preferential entry for CCOC students. Up to 390 CAO points for any IT can be attained. Go to our progressions database at <https://corkcollegeofcommerce.ie/progressions/> for exact requirements on progressions for this course.

CAREER OPPORTUNITIES

In a health related environment, in the wellness section of a large company or in community organisations.

CONTACT DETAILS

For further information email:
wellbeing@ccoc.ie
(021) 4223810

Course fees outlined on
www.corkcollegeofcommerce.ie