

# Understanding Behaviour Change (RSPH Accreditation)



## Entry Requirements

Over 18

## Course Overview

This RSPH certified Level 2 Award in Understanding Behavioural Change provides you with skills and confidence to support others improve their health and wellbeing. It complements the AllActive fitness qualifications where participants might require advice and support.

You will learn about the factors that might influence lifestyle or health behavioural changes. You will learn more about the communication process and the importance of active listening. You will be taught how to effectively use an individual's motivation and feelings to create a personalised action plan for adopting positive behaviour.

## Course Content

- Understand how to ensure communication with individuals is effective
- Know how to support individuals to adopt positive health behavior
- Understand how an individual can be supported in developing strategies enabling them to make lifestyle or health behaviour changes
- Understand how to support an individual with a lifestyle or behaviour change implementation plan

## Recognised Qualification

- RQF qualification awarded by RSPH
- Skills for Care recognised

# Accreditations



## Format Options Online



You can study for this qualification online through AllActive's interactive e-learning resources which have been specifically designed by us for this course. You will find an easy to use online course that guides you through all the areas of learning required. Here are some screenshots from the online course.

**Aims and learning outcomes**

◀ Previous: 6 What is health?      Next: 8 Health Inequalities ▶

**7 What are health behaviours?**

At its most basic level, a health behaviour is something that we do which has an impact on our health. Matarazzo categorised health behaviour as:

- Health impairing habits (e.g. smoking, sedentary behaviour)
- Health protective behaviours (e.g. wearing a seatbelt, visiting the dentist, getting adequate sleep)

Health behaviours can thus have either positive or negative effects on our health. At first this concept may seem to have a very simple solution. If we discard health impairing habits in favour of health protective behaviours, we will be healthier. Unfortunately, changing behaviour is not as simple as just deciding to do it. A number of conscious and unconscious processes influence our choices, a great deal of behaviour is not easily explained rationally. This course presents three models that try to explain how and why we act as we do in relation to our health, and provide a basis for practitioners to help people to change.

An attempt to write a definitive list of health impairing and health protective factors is beyond the scope of this course, but the following list provides a starting point.

Health Impairing Habits	Health Protective Behaviours
Smoking	Eating sufficient fruit and vegetables
Excessive alcohol intake	Taking regular exercise
Eating a high fat diet	Having breakfast
Eating a high salt diet	Sleeping sufficiently
Other tobacco use	Relaxation
Unsafe sex	Having supportive relationships
Sedentary behaviour	Wearing seatbelts
Poor lifting technique	Learning about health
Eating lots of sugary snacks	Resting
Recreational drug use	Regular medical/dental check-ups
Frequently eating more calories than required	Tooth-brushing
Drink-driving	Wearing a cycle helmet
Ignoring symptoms	Wearing sunscreen

A high level of mortality and morbidity can be attributed to individual behaviour. Estimates vary, but researchers agree that a very high proportion of deaths and chronic diseases are the direct result of avoidable health damaging behaviours.

**Models of behaviour change (2,3)**

**theory of Planned Behaviour (Ajzen, 1991)**

One of the purposes of this activity is to understand how we can act effectively and exercise some control over events that influence our lives. The theory of Planned Behaviour (TPB) provides a framework for understanding how we can act effectively and exercise some control over events that influence our lives. The theory emphasises the role of individual characteristics such as beliefs, attitudes, and intentions in determining behaviour. It also highlights the role of social norms and environmental factors in influencing behaviour. The theory is based on the idea that people's behaviour is determined by their beliefs about the benefits and costs of different actions, and their intentions to act in a certain way. The theory is based on the idea that people's behaviour is determined by their beliefs about the benefits and costs of different actions, and their intentions to act in a certain way.

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    graph LR
      A[Beliefs about the outcomes of behaviour  
e.g. Smoking is harmful to health and has costs of the money spent] --> B[Attitude to the specific behaviour  
e.g. Smoking would be a good thing for me to do]
      C[Evaluation of the outcomes  
e.g. Smoking would be a good thing for me to do] --> B
      D[Beliefs about the behaviour  
e.g. My family and friends think I should not smoke] --> E[Subjective norms  
e.g. Smoking is not popular in my group]
      F[Motivation to comply  
e.g. I want to make my group proud] --> E
      B --> G[BEHAVIOURAL BELIEFS  
e.g. My plans to start an exercise programme]
      E --> G
      G --> H[INTENTION  
to behave]
      H --> I[BEHAVIOUR  
to smoke]
  
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## Face-to-face

If you are interested in a making group booking we can provide this Understanding Behaviour Change qualification as an in-house course and create bespoke training to meet your needs.

## Assessment

You will be assessed by a multiple-choice examination. To pass you will need a score of at least 20/30 in the examination. The duration of the exam is 45 minutes. Set exam dates are available in London and Kent. For organisations with a group, we can arrange for an invigilator to come to your premises which is chargeable depending on location.

## Certification

RSPH Level 2 Award in Understanding Behaviour Change



## What next?

- L2 Encouraging Physical Activity
- L2 Seated Recreational Physical Activity Instructor
- L2 Walk Leading
- L2 Chair-based Exercise Instructor
- L2 Community Activator