
GOVERNMENT NOTICE

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.saqqa.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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D. MPHUTHING

ACTING DIRECTOR: REGISTRATION AND RECOGNITION



SOUTH AFRICAN QUALIFICATIONS AUTHORITY

UNIT STANDARD:

Explain the need for wellness awareness programmes

SAQA US ID	UNIT STANDARD TITLE		
377162	Explain the need for wellness awareness programmes		
ORIGINATOR		PROVIDER	
Task Team - Wellness			
FIELD		SUBFIELD	
9 - Health Sciences and Social Services		Preventive Health	
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
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'***

SAQA US ID		UNIT STANDARD TITLE	
377160		Explain the fundamentals of the concepts of 'wellness'	
ORIGINATOR		PROVIDER	
Task Team - Wellness			
FIELD		SUBFIELD	
9 - Health Sciences and Social Services		Preventive Health	
ABET BAND	UNIT STANDARD TYPE	NQF LEVEL	CREDITS
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



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

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