



# Life & Health

Lifestyle training curriculum



Co-funded by the  
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## Lifestyle training curriculum



LHL



cesie  
the world is only one creature



AUSTURBRÚ



**Name:** Life&Health lifestyle training curriculum ([Translation](#))  
**Working hours:** 300  
**Target group:** Adults wanting to change and improve their lifestyle  
**Accreditation:** 15 ECTS on level 2 of EQF  
**Publisher:** The Education and Training Service Centre (ETSC) ([Fræðslumiðstöð atvinnulífsins](#))



## **The Life&Health lifestyle training curriculum**

Life&Health lifestyle training is a training within the 2nd level of the Icelandic (IQF) and European Qualification Framework (EQF). Training objectives are to educate participants on factors affecting health, increase health literacy and ability to be responsible for their own health. Throughout the training the emphasis is on self-empowerment, self-reflection, motivation and goal orientation as well as being active and cooperative with support from lifestyle coach.

The target group for the training are adults who want to improve their health and lifestyle. The training is first and foremost meant to be preventive but can also benefit people with health issues such as high blood pressure, cholesterol or type 2 diabetes. The training covers 300 hours and can be evaluated for up to 15 ECTS on level 2 of EQF.



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## Organization

Accredited adult educational providers are responsible for implementation of the training and appoint project manager (PM). PM role is to supervise the training, ensure coordination and logical order of modules. PM organizes how each session is spent under the guidance of a lifestyle coach or in self-study. Lifestyle coaches are urged to use diverse teaching methods suitable for adult learners. Throughout the training, lifestyle coaches should use real life examples and be aware of the overall objectives of the course, to ensure coordination. The amount of homework is different depending on modules and individuals. The series of modules although optional need to be logical, like follow up training needs to be implemented after the finalization of the basic training.

The timespan of the lifestyle training is supposed to be 12 months. Therefore it's recommended that project managers interview participants before and after the basic training as well as by the end of the follow-up training.

- In the first interview the focus is on goals, current health and participant circumstances.
- In the second interview, by end of the basic-training, the focus is on training results and new goals.
- In the third interview, at the end of the training you will go over the results, the lifestyle change actualized and future goal settings.

The interviews provide opportunity to build good relationship and offer individualisation and open means of communication with lifestyle coaches and/or project managers between sessions.

Participants are responsible for the majority of the lifestyle training plus the group is encouraged to share their experiences and work/train together.

The lifestyle training can be set up as a part of on-the-job training or health promotion within an organization. However it is vital that people take partly based upon their own choice rather than obligation. To approach the needs of different individuals it is important to use varied teaching methods such as active communication, lectures, videos, field studies, case studies and various training and exercises that participants can try out for themselves or in groups.

Organizers and lifestyle coaches need to be alert over health and wellbeing of participants and refer them to appropriate resources or expert support, if necessary. Therefore they need to have relevant knowledge on available welfare and health services.

## Learning Outcomes

### Participants will gain understanding on:

- Factors affecting health and welfare
- Available health care services and support

### Participants will gain skills in:

- Health literacy regarding their own health.
- Positively presenting and discussing knowledge and experience of their lifestyle change.



**Participants shall be able to practice the general knowledge and skills provided to:**

- Take responsibility for their own health.
- Maintain and sustain their lifestyle changes.
- Benefit from their support network to maintain lifestyle changes.
- Evaluate and appreciate the results from their lifestyle training, increased exercise and improved diet, with reference to their own goals.

## **Course assessment**

Educational performance is evaluated based upon knowledge-, skills- and competences criterias set in the curriculum using varied evaluation methods that the educational provider agrees with and are described in the syllabus. Emphasis should be on using part of each session to review how people are doing in their study. Course assessment is supposed to benefit participants to confirm their success as well as enhance learning, motivation and feedback throughout the training.

## **Amendments to the curriculum**

Educational providers are allowed to make changes to this curriculum that amount up to 10% of the total length of the course given they do not contradict course objectives and purpose. Changes that amount to more than 10% are only allowed with the approval of the Life&Health consortium.



### Modules

Module name	Total hours	Hours in group sessions	Hours of guidance	Hours home-work	EQF level
Health literacy, registration and evaluation	32	3	3	26	2
Cooperation, goal setting and motivation.	30	5	5	20	2
Exercise	76	3	3	70	2
Healthy diet, serving sizes and nutrition	44	5	5	34	2
Wellness and mental challenges	28	4	4	20	2
Follow-up	90	10	10	70	2
<b>Total hours</b>	<b>300</b>	<b>30</b>	<b>30</b>	<b>240</b>	



## Health literacy, registration and evaluation

Level	2
Hours	32
Subject	Health
Topics	Health literacy, registration and evaluation of success

### Description

The purpose of this module is for participants to be able to assess their own health and critically evaluate messages and recommendations regarding health and lifestyle. Emphasis is on participants gaining knowledge on key concepts affecting health, main symptoms of non communicable diseases (NCD) and preventive measures against them. NCDs like type 2 diabetes, stress, anxiety, heart- and vascular diseases are discussed and their effect on general health, work capacity and life expectancy. Participants receive training in monitoring and registering diet, exercise as well as mental factors like sleep, stress, self-esteem and anxiety. A special focus will be on discussing challenges of lifestyle changes and how to meet them, presenting official recommendation on diet and exercise from Directorate of health. Other directions are discussed in critical manner referring to different diseases and individual participants needs.

### Criteria for this module’s learning outcome

Participants shall have acquired knowledge and understanding of:

- Key concepts regarding health factors.
- Symptoms of NCDs.
- Prevention against NCDs.
- Recommendations on diet and exercises.
- Importance of mental factors for health.
- Available professional counseling and services.

Participants will acquire skills in:

- Monitoring and registering diet and exercise.
- Monitoring and registering mental factors like sleep, stress, self-esteem and anxiety.

Participants will be able to apply general knowledge and skills acquired to:

- Evaluate critically directions and recommendations regarding health and lifestyle.
- Evaluate their health and seek professional help when needed.



## **Module evaluation**

In each session success and homework are reviewed. Attendance is registered and health checks done in the beginning, middle and by the end of the training. Coaches evaluate the process using various methods. Coaches need to be alert and detect when participants need professional support and encourage them to seek assistance if needed.

## Cooperation, goal setting and motivation

Level	2
Hours	30
Subject	Health
Topics	Goal setting, cooperation, motivation and self-empowerment

### Description

The purpose of this module is for participants to acquire skills in working with others on lifestyle changes. The emphasis is on cooperative- and communication skills and positive attitude towards themselves and other people. Participants acquire skills in defining and building up their support network to sustain their lifestyle changes since support from others can be a key factor in successful lifestyle change. Key steps in goal setting, expectation management are covered and participants trained in setting and sustaining realistic goals. It is important to enhance communication, mutual encouragement and tolerance within the group, composed of individuals with different needs. Participants are encouraged to care for themselves, be kind and forgive themselves and thereby minimize the effect of setbacks in the training process.

### Criteria for this module's learning outcome

Participants shall have acquired knowledge and understanding of:

- Basic elements of goal setting.
- What constitutes good communications.
- The effects of good communications.
- The importance of confidentiality for positive and nurturing communications.
- The importance of being kind to oneself and others in the lifestyle changing process.

Participants will acquire skills in:

- Goal setting.
- Goal follow up.
- Encourage and support others in their lifestyle changes.

Participants will be able to put to practice general knowledge and skills acquired to:

- Limit the influence of setbacks in the lifestyle training process.
- Work with other on lifestyle changes.
- Build a social support network i around their lifestyle changes.

### Module evaluation

In each session success and homework are reviewed. Attendance is registered and health checks done in the beginning, middle and by end of the training. Coaches evaluate the process using various methods. Coaches need to be alert and detect when participants need professional support and encourage them to seek assistance if needed.

## Exercise

Level	2
Hours	76
Subject	Exercise
Topics	Health and exercise

### Description

The purpose of this module is to introduce the health benefits of exercise. The benefits from different types of physical activity, like cardio exercise, strength training, warm-up and stretches, are analysed and reviewed with reference to NCDs. Official recommendations on exercise from Directorate of health are presented and the effect of exercise on mental and physical well-being. The main focus is on individual needs, interests and physical ability. Safety aspects of health are reviewed as well as the importance of looking for longtime solutions to increase exercise and thereby wellbeing.

### Criteria for this module's learning outcome

Participants shall have acquired knowledge and understanding of:

- The impact of exercise for mental and physical health.
- The benefit of different kind of exercise regarding NCDs.
- Beneficial impact of exercise with reference to official recommendations.
- Different methods to organize and keep track of exercise.
- Safety concerns regarding physical conditions and individual limitations.

Participants will acquire skills in:

- Keeping track of and evaluating their own exercise.
- Evaluating their own physical condition and not to go ahead of themselves.
- Exploit opportunities to exercise in their neighbourhood, services and recreational areas.

Participants will be able to put to practice general knowledge and skills acquired to:

- Practice and register various exercises, cardio- and strength training.
- Set themselves goals and monitor their exercise.
- Be aware of their tolerance limits in exercise.

### Module evaluation

In each session success and homework are reviewed. Attendance is registered and health checks done in the beginning, middle and by end of the training.

Coaches monitor participant records for exercise, answer questions and advice on types and amount of exercise. They evaluate the process using various methods. Coaches need to be alert and detect when participants need professional support for instance because of medical conditions and encourage them to seek assistance if needed.

## Healthy diet, portions and nutrition

Level	2
Hours	44
Subject	Diet
Topics	Healthy diet, portions, nutrition, shopping and cooking

### Description

The purpose of this module is for participants to be able to change their diet, monitor these changes through food diary and appreciate the impact these changes will have. Dietary recommendations will be covered as well as the impact of diet on NCDs. The foundation will be official recommendations from Directorates of health (DH) but other diets like Low carb-, Paleo-, Vegan- and Mediterranean diet will also be covered. Participant are trained to use food diary to organize and monitor their diet. To evaluate nutritional value of food while shopping to facilitate replacement of unhealthy choices for healthy ones.

### Criteria for this module's learning outcome

Participants shall have obtained knowledge and understanding of:

- Official (DH) dietary recommendations and adjustments related to type 2 diabetes.
- Be able to evaluate nutritional value and ingredients of different food.
- The impact of diet on health and wellbeing.
- Different kind of dietary supplements.
- Recommended serving sizes.
- Different dietary suggestions.

Participants will acquire skills in:

- Organizing and monitoring their diet using food diary etc.
- Evaluating nutritional value of food when grocery shopping.
- Setting dietary and nutritional goals

Student will be able to put to practice general knowledge and skills acquired to:

- Choose healthy diet.
- Evaluate their own hunger and manage serving sizes
- Appreciate the success of a changed diet.
- Use their common sense and critical thinking to evaluate dietary options/themes at any time.

### Module evaluation

In each session success and homework are reviewed. Attendance is registered and health checks done in the beginning, middle and by end of the training.

Coaches monitor participant progress and records between sessions, answer questions and give feedback and answer questions. Coaches need to be alert and detect when participants need professional support for instance because of medical conditions and encourage them to seek assistance if needed. **Mental challenges**



Level	2
Hours	28
Subject	Mental health
Topics	Stress, sleep and mental well-being

## Description

The purpose of this module is for participants to acquire skills in recognizing symptoms of stress, sleeplessness and indisposition and ability to respond with various approaches recognized to enhance individual wellbeing. Topic covered are symptoms of insomnia, stress, anxiety, depression and other mental disorders and how to address them. External factors affecting mental health are discussed. Participants are trained to use various approaches to enhance mental health, activity and well-being.

## Criteria for this module’s learning outcome

Participants shall have obtained knowledge and understanding in:

- Symptoms of insomnia, stress, anxiety, depression and other mental disorders.
- Different approaches to deal with mental challenges.
- External factors affecting mental wellbeing, like screen-use and communication.
- The impact of sleep on health and lifestyle.

Participants will acquire skills in:

- Use various methods to deal with mental challenges, like meditation, mindfulness and relaxation.
- Use different approaches to increase activity and wellbeing.
- Set boundaries to limit their workload and enhance wellbeing.

Participants will be able to put to practice general knowledge and skills acquired to:

- Recognize symptoms of stress, insomnia and distress in themselves.
- Put their own health and wellbeing first.

## Module evaluation

In each session progress and homework are reviewed. Attendance is registered and health checks done in the beginning, middle and by end of the training. Coaches evaluate the process using various methods. Coaches need to be alert and detect when participants need professional support for instance because of insomnia, anxiety or depression and encourage them to seek assistance if needed.

## Follow up

Level	2
Hours	90
Subject	Follow up
Topics	Diet, exercise and wellbeing

### Description

The purpose of this module is to sustain the lifestyle changes and progress gained in the basic-training. In the follow up training the emphasis is on all the modules that is diet, exercise and wellbeing depending on individual needs.

The follow-up training can be implemented by a different organization than the basic training as long as it is accepted by the organizer of the basic training. The educational provider can decide to offer follow up training. The follow-up training usually covers 8 months, that is if the basic training is implemented in 4 months. Combined the Life&Health lifestyle training is supposed to cover 12 months or an year.

### Criteria for this module's learning outcome

Participants shall have obtained knowledge and understanding of:

- Goal setting and evaluation of results.
- The importance and impact of various exercise on health, cardio-, flexibility- and strength training.
- Criteria for healthy diet, nutrition and dietary impact on health.
- Symptoms and risk factors for longterm and NCDs.
- Symptoms of stress and the importance of a good night sleep.

Participants will acquire skills in:

- Independently coordinating exercise into their daily routines.
- Setting themselves realistic goals and monitor success.
- Organising their own training and follow their own plans.
- Sustain healthy diet.

Participants will be able to put to practice general knowledge and skills acquired to:

- Sustain their lifestyle changes.
- Practice regular and various exercise.
- Deal with daily challenges related to diet, exercise and their daily routines.
- Limit the impact of setbacks in the training progress.
- Sustain a positive outlook towards their own health.
- Use techniques to fight negative thought patterns and be kind to themselves and others.
- Create environment for promoting and pursuing healthy lifestyle with support from others, family, friends and coworkers.



## **Module evaluation**

If the Adult Educational Provider offers the follow-up training it is important to monitor the progress in each session. Attendance is registered and health check is offered in the beginning, after the basic-training and in the end of the training. Instructor evaluate the process using various methods. Instructors need to be alert if participants need professional support and encourage them seek assistance if needed.

If the follow up training is implemented by another organizer participants need to get their plan for follow up training accepted by the organizer of the basic training. The Adult Educational Provider evaluates if the planned training follows the curriculum guidelines and objectives as well as monitoring participants progress by the end of the follow-up training in the same manner as if the organizer would have done if offering the follow-up training by himself.

## **Curriculum - qualification & course evaluation**

Organizers, project managers and instructors can use a google form for course and individual evaluation.

Google form - course evaluation.

Google sheet providing framework for participants evaluation.



Life & Health

# Partners



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