

## **CERTIFICATE IN HEALTH AND WELLNESS STUDIES (NQF LEVEL 5)**

### **PURPOSE OF THE QUALIFICATION:**

The Certificate in Health and Wellness Studies (NQF level 5) has been developed in response to the need for a healthy Namibian nation as envisaged in Vision 2030. The purpose of this qualification is to develop long term changes in healthy lifestyles for all citizens and to improve the patient's behaviour by alleviating the impact of lifestyle diseases and conditions such as cancer, diabetes, hypertension, and obesity.

The development of the Certificate in Health and Wellness Studies (Level 5) is informed by the university's vision which is to encourage and develop an African cadre of men and women who can operate at international standards in business.

This qualification will provide a pathway for students intending to pursue further studies in the health and wellness discipline as it introduces students to core concepts of Health, Counselling, Ethics and general health and wellness studies. Graduates of this qualification will be able to apply for entry to the IUM's Diploma in Health and Wellness Studies (Level 6).

### **OUTCOMES FOR THE WHOLE QUALIFICATION**

Holders of this qualification are able to:

- Identify and implement individual components of health and wellness programmes.
- Discuss and determine appropriate solutions to operational problems in programme management.
- Assess Health and Wellness systems and programmes using basic analytical methods.
- Demonstrate skills to Promote health lifestyles and health care programmes.

### **QUALIFICATION DURATION**

The study period for the programme is a Minimum of 1 Year and Maximum: of 2 Years.

The programme comprises 2 semesters, i.e. two (2) semesters per academic year. Semester 1 runs from January to June. Semester 2 runs from July to December

### **ARTICULATION**

Vertically, the Certificate in Health and Wellness grants admission to the Diploma in Health and Wellness. Interfaculty students can apply for approval with the Deans of other Faculties for assessment to gain admission to any Diploma programme. Horizontally, students may, where applicable, move into existing or new related Certificate qualifications. IUM courses articulate from qualification to qualification as per the statement in course contents. This Certificate in Health and Wellness Studies (Level 5) will articulate to the Diploma in Health and Wellness Studies (Level 6).

## **COURSES**

Year 1

Course Title:

- Compulsory Courses
- Mathematics for Business
- Communication Skills
- Basic IT Skills
- Applied English Language Skills
- Critical Thinking
- Introduction to Health and Wellness
- Introduction to Psychological Counseling
- Introduction to Occupational Health

Year Course

- Anatomy and Physiology