

## **Explain ways to embed elements of functional skills, in your specialist area**

Functional skills are new qualifications being developed as a response to the employability needs set out in the governments 14-19 Education and Skills White Paper. They are core practical skills in literacy, numeracy and information communication technology that provide essential knowledge and understanding. These skills enable individuals to conduct themselves confidently, effectively and independently in all aspects of life. The holistic health and wellbeing course is aimed at broadening health awareness within community groups and as such embedding functional skills helps to develop individuals' aptitude, attitude and behaviour. These skills encourage individuals to make a positive contribution to the community in which they live and work by laying the foundation for progress in any further education, training and employment undertaken after the course.

The holistic health and wellbeing course incorporates literacy skills by encouraging effective listening and communication through open discussion during sessions. Contribution to discussions and working collaboratively in groups ensures that individuals use literacy skills confidently in a range of contexts which will help them in their everyday lives. Assessment is made up of ongoing lesson sheets which come together as a final portfolio of work. These lesson sheets engage learners' ability to read and understand information and instructions by explaining their understanding through clear and succinct written expression.

Alongside lesson sheets learners are expected to keep a learning diary to be presented as part of their final assessment. The learning diary asks the same two questions after each session 'what were you taught today that you didn't already know, and how was this useful?' and 'what were you taught today that you already knew, and where did you learn it?' these questions are to be completed in computerised format therefore incorporating the functional skill of information and communication technology.

The Holistic Health and wellbeing course also embeds a range of mathematical concepts in validating and interpreting health results. Scale is explored through plotting health problems and wellbeing on the holistic compass and assessing connection to other angles related to holistic health. Percentage is incorporated when exploring aromatherapy dilution of oils in various carrier mediums and in the understanding of dilution of homeopathic remedies.