



Health & Wellness – Level 2

Course Outline

Generally most organisations firmly believe that a healthy workforce leads to a more productive workforce. This course identifies the more high-risk occupations, such as truck drivers, sales reps on the road, etc., in terms of the risk of transmission of HIV. At this level the course will focus on the risks of HIV and AIDS in these workplaces. Also the course teaches more about general health and wellness in the home and workplace. The participant will learn to make informed decisions and therefore companies will be able to reduce absenteeism due to HIV and AIDS and other common health issues, increase productivity and profit, and retain and develop a healthier workforce.

The course targets all employees, regardless of background and position.

Course Overview:

The course is based upon participant learning the following;

- Demonstrate extensive knowledge of HIV/AIDS
- Demonstrate extensive knowledge of occupational risks associated with HIV/AIDS
- Demonstrate knowledge of health and wellness in the workplace

The course is given over one day. The participant will receive seminars and will spend time on individual or group assignments and studies.

Learning Objectives

The course gives a Level 2 certificate and as such will focus on enhancing the knowledge and skills taught in the Level 1 course. After completion of the course the participant should be able to;

- **Demonstrate extensive knowledge of HIV/AIDS**
 - Give advice to others on HIV and AIDS in relation to health and keeping a healthy lifestyle.
 - Motivating oneself and others to keep a healthy lifestyle
 - Manage HIV infection
 - Explain how alcohol, smoking, nutrition, exercise, and supplements impact on HIV infection
 - The importance of maintaining ones health and productivity is discussed





- **Demonstrate knowledge of occupational risks associated with HIV/AIDS**

- The risks associated with the transmission of HIV/AIDS are identified for a specific occupation.
- The prevalence or significance of risk of HIV/AIDS is described for a specific occupation.
- Measures to reduce risk of HIV/AIDS transmission are described in accordance with workplace guidelines and practice.
- Ways in which a co-worker with HIV/AIDS may be assisted to cope with their condition are described in terms of workplace and/or industry-specific guidelines and practice.
- HIV/AIDS education, counselling and support services are identified for own workplace.

- **Demonstrate knowledge of health and wellness in the workplace and at home**

- Demonstrate knowledge in common health issues in Botswana
- Give advice to family members and others on various health issues
- Manage various different health issues

Progression pathways/continuing education

After completion of the course the participants will be able to enrol in more advanced Health & Wellness courses.

