

Health and Wellness

Level 2 Course Outline



Most organisations firmly believe that a healthy workforce leads to a more productive workforce. This course seeks to equip the participants with key information in health and wellness. At this level, the course will focus on the risks of hypertension, diabetes, tuberculosis, malaria, drugs and substance abuse, sexually transmitted infections and the COVID-19 virus. The one-day course also 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 common health issues, increase productivity and profit, and retain and develop a healthier workforce. The course targets all employees, regardless of background and position.

This one-day course will teach participants:

- What hypertension is.
- What diabetes is.
- What tuberculosis (TB) is.
- What malaria is.
- About drugs and substance abuse and how to deal with substance abuse.
- About sexually transmitted infections (STI's).
- About the novel corona virus (COVID-19 virus).
- About motivating themselves and others to maintain a healthy lifestyle.

Course Overview

You will spend this session getting to know the course objectives and you will also have an opportunity to identify your personal learning objectives.

Hypertension

During this session, participants will learn the following about hypertension:

- Facts and Symptoms
- Causes
- Risks
- Prevention and Treatment

Diabetes

During this session, participants will learn the following about diabetes:

- Types and Symptoms
- Causes
- Complications
- Managing and Treatment

Tuberculosis

During this session, participants will learn the following about tuberculosis:

- Causes and Symptoms
- HIV and Tuberculosis
- Testing and Treatment

Malaria

During this session, participants will learn the following about malaria:

- Types and Symptoms
- Causes
- Prevention
- Treatment and Side Effects

Drugs and Substance Abuse

During this session, participants will learn the following:

- What is addiction?
- What causes addiction?
- How are people affected by addiction?

Sexually Transmitted Infections (STIs)

During this session, participants will learn the following about sexually transmitted infections:

- Symptoms
- Types of STIs
- Treatment

Novel Corona Virus (COVID-19)

During this session, participants will learn the following about the COVID-19 virus:

- Symptoms
- It's lifespan
- How it transmits/spreads
- COVID-19 Variants
- COVID-19 and HIV
- COVID-19 tests
- Misinformation about COVID-19

Healthy Lifestyle

During this session, participants will learn the importance of health and wellness, as well as be encouraged to motivate family and others to lead a healthy lifestyle.

Course Wrap-Up

At the end of the day, participants will have an opportunity to ask questions and fill out a personal action plan.

