

# Level 1 Award in **Alcohol Awareness**

## Course overview

**Alcohol misuse costs England around £21 billion in healthcare, crime and lost work hours every year. Those involved vary from the young and overindulgent to older alcoholic dependent people or alcoholics.**

It is recommended that those who consume alcohol be made aware of the safe drinking limits in order to enjoy drinking responsibly without putting themselves or their bodies at risk. We all know that binge drinking is bad for us, but do you understand why? This nationally recognised qualification explains both the short and long-term effects of alcohol misuse on the mind and body, and helps to raise awareness of issues surrounding alcohol misuse.



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### Who is suitable?

This is an ideal introductory programme for those who require a greater understanding of what constitutes alcohol misuse and the physical and psychological effects it can cause.

### Learning method

Studying via distance learning means you can choose when and where you study.

This course is available:



**Online**

The online course is available on The Skills Network's online learning platform, **EQUAL**. Online learning with a difference, **EQUAL** features:

- **Exciting and engaging content**
- **Interactivity – featuring videos and games to enhance learning**
- **Virtual tutors who offer hints, tips and guidance throughout the course.**

### What you will learn

**This course is split into six manageable sections, covering topics such as:**

- Alcohol unit strengths
- Alcohol misuse and its effects
- Withdrawing from alcohol
- Health issues.

### Benefits

- Gain a nationally recognised qualification
- Create a long-standing career pathway within the health and social or health and fitness industries
- Courses are delivered as distance learning, allowing learners to choose when and where to study
- Personal tutors are assigned to ensure learners have the support needed to succeed.

no exams  
just assessments

