

ATHE Level 3 Diploma in Health and Social Care

From Your First Lesson to Your ATHE Qualification

OFQUAL-REGULATED • LEVEL 3 • 60 CREDITS • SIX MANDATORY UNITS

Flexible online learning •
Assignment-based assessment

Training Express offers this qualification as a reseller in partnership with One Education, the main approved centre.

Awarding Body

ATHE — Ofqual Regulated

60 Credits

Six Mandatory Units

Online Learning

Assignment-Based Assessment



A Recognised Level 3 Learning Route

Awarding organisation	ATHE
Qualification number	603/6568/7
Qualification level	Level 3
Regulation	Ofqual-regulated
Mandatory units	Six
Total credit value	60 credits
Assessment	Assignments rather than written examinations
Overall grading	Pass, Merit or Distinction
Delivery	Online distance learning through Training Express
Progression	Eligible for UCAS Tariff points

Who Is This Route For?

Equivalent in level to an A Level or Access to Higher Education qualification.

This route may suit learners who want:

- A recognised foundation in health and social care
- Assignment-based assessment
- Flexible online study
- Preparation for related higher-level learning

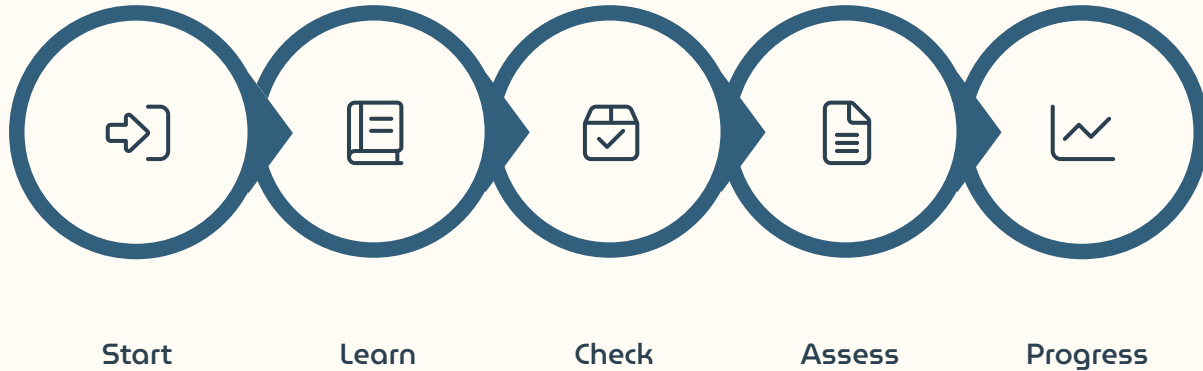
Universities and employers set their own entry requirements.

Your Complete Learner Journey

Ten clear steps take you from enrolment to your official ATHE qualification.

01	02	03
Enrol	Explore	Learn
Complete enrolment and receive access to your online account.	Open the dashboard and review the qualification structure.	Use learner manuals, learning outcomes, indicative content and supporting resources.
04	05	
Check	Prepare	
Complete self-assessment activities to review your understanding.	Read the assignment brief and plan evidence against every assessment criterion.	
01	02	03
Submit	Receive Feedback	Improve
Upload your assignment through the required process.	Review the assessor's decision and written guidance.	Complete further work where required and permitted.
04	05	
Achieve	Complete	
Meet the learning outcomes and assessment criteria for each unit.	Earn 60 credits, complete quality assurance and receive the ATHE qualification.	

How Online Study Works



Self-assessment supports learning, but formal achievement depends on meeting the required learning outcomes and assessment criteria through assignment evidence.

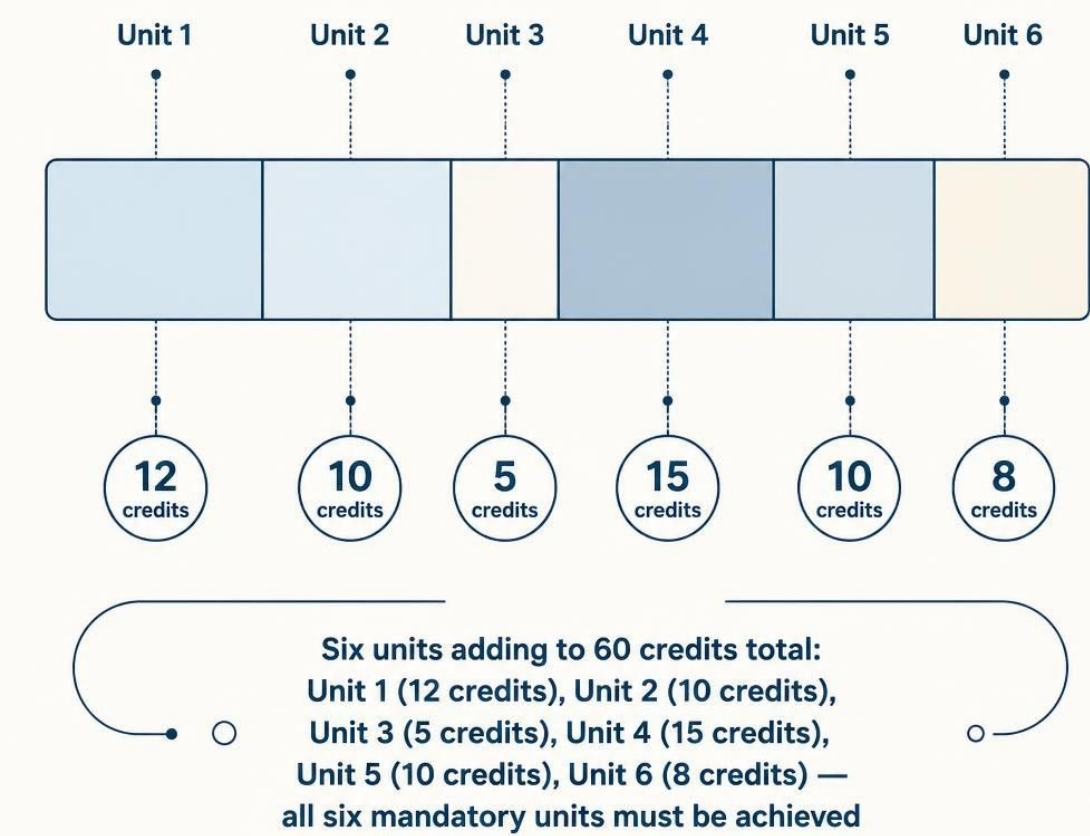
Before beginning: Review all six units, understand the assessment requirements and create a realistic personal study plan.



Your Six-Unit Curriculum Roadmap

1	Structure and Overview of the Health and Social Care Sector 12 Credits Sector structure, provision across life stages, specialist areas and current issues.
2	Principles, Values and Regulation in the Health and Social Care Sector 10 Credits Policy, legislation, guidance and the principles underpinning care.
3	Human Growth and Development 5 Credits Development across the lifespan, life factors, transitions and ageing.
4	Working in Health and Social Care 15 Credits Person-centred working, communication, infection control, professional relationships, care planning and safe medication principles.
5	Research in Health and Social Care 10 Credits Research approaches, topic selection and completion of a sector-based project.
6	Personal and Professional Development 8 Credits Career progression, reflective practice and personal development planning.

Your 60-Credit Target

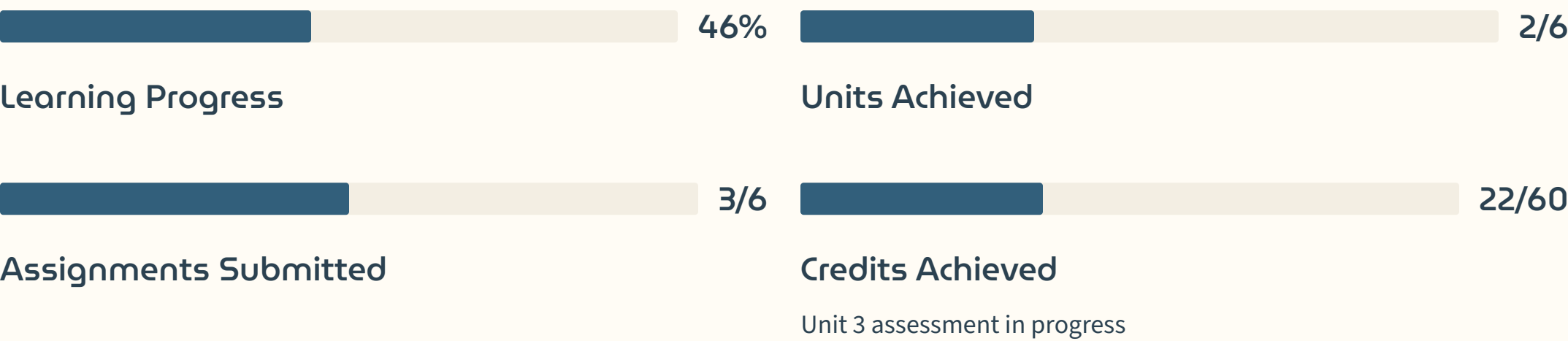


How Credits Are Achieved

1. Complete the learning
2. Submit the required assignment evidence
3. Meet every learning outcome and assessment criterion
4. Achieve the unit
5. Add its credits to the qualification

Credits are not awarded simply for opening lessons or spending time on the platform. All six mandatory units must be achieved.

Illustrative Progress Tracker



❏ Illustrative example — the information and appearance of the live learning platform may differ.



Assignment, Feedback and Grading

Feedback May:

- Confirm successful evidence
- Identify areas requiring clarification or development
- Highlight assessment criteria not yet met
- Guide an improved submission where permitted

Exact marking times, contact arrangements and resubmission conditions follow the provider's current learner policies.

Grading

Successful learners receive an overall Pass, Merit or Distinction under ATHE requirements. The result reflects the assessed quality of evidence, not lesson-completion percentage alone.

No Written Examinations

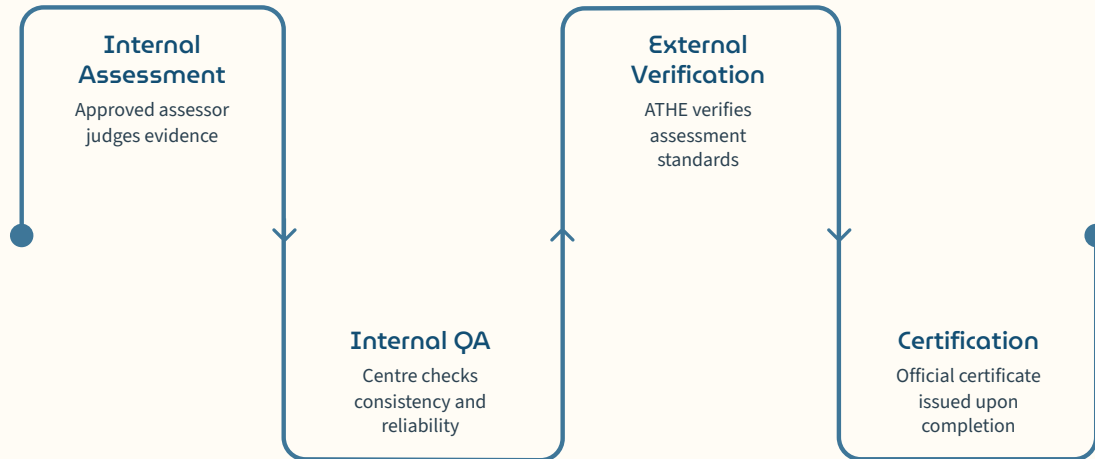
Each unit is assessed through assignment evidence.

Assessment Flow



- ❑ Strong evidence answers the exact task, demonstrates understanding, applies relevant concepts, uses reliable sources, is clearly organised and responds carefully to feedback.

Quality Assurance to Certification



Final Checklist

- ✓ Six mandatory units achieved
- ✓ All required learning outcomes and assessment criteria met
- ✓ 60 credits achieved
- ✓ Overall grade confirmed
- ✓ Required quality-assurance checks completed
- ✓ Learner details checked for certification

Final Outcome

ATHE Level 3 Diploma in Health and Social Care achieved.

Trusted by Learners

Independent and Internal Review Snapshot

Figures checked 14 September 2026. Ratings may change as new reviews are added.

Trustpilot

Rated Excellent

2,130 Reviews

[Read reviews on Trustpilot](#)

Training Express Website

4.78 Average

43,000+ Reviews

Learner feedback displayed by Training Express

[View website](#)

Reed.co.uk

Provider Rating

3,965 Reviews

91% service • 91% content • 92% value

[Read reviews on Reed](#)

Google Reviews

Read the latest live Google feedback from verified learners.

[View current results on Google](#)

Take Your Next Step

Build Knowledge

Develop a foundation across health and social care provision, regulation, human development, person-centred practice, research and professional development.

Complete the Journey

Study every unit, submit the required evidence, respond to feedback and achieve all 60 credits.

Progress with Purpose

The qualification may support progression towards related higher education, higher-level vocational study, entry-level support opportunities or continued professional development.

❏ This qualification does not qualify someone as a nurse or guarantee a particular role. Nursing requires an approved nursing degree and professional registration. Always check university, employer and regulator requirements.

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Six units • 60 credits • Online learning • Assignment-based assessment

Enrol with Training Express

Information checked against the official ATHE page, Training Express, Trustpilot and Reed.co.uk in September 2026.