

## Statement of Declared Purpose

<b>Awarding organisation name</b>	Active IQ
<b>Title of regulated qualification</b>	Active IQ Level 3 Diploma in Supporting Clients with Long-term Conditions
<b>Qualification level</b>	Level 3
<b>Qualification accreditation number</b>	603/5836/1
<b>Qualification type</b>	Vocationally related qualification

### Qualification overview

This qualification is designed to provide learners with the knowledge and skills necessary to be able to support clients living with a range of one or more long-term condition(s), by encouraging them to lead healthier, more active lives to better manage their symptoms through effective behaviour-change techniques, lifestyle advice and safe and effective exercise prescription.

### Who could do this qualification?

Learners must hold a suitable Level 2 qualification in fitness/gym instructing (not including instructing children), or equivalent, or one of the following:

- A suitable Level 3 qualification in personal training.
- Level 3 Diploma in Instructing Pilates Matwork.
- Level 3 Diploma in Teaching Yoga.

The qualification has been designed for:

- Individuals who wish to work and/or seek employment as fitness professionals, supporting clients/participants with physical activity, who have one or more long-term condition(s) and are within the scope of competence.
- Individuals looking to work in a clinical setting as part of a multi-disciplinary team focussed on physical activity for patients with long-term conditions.
- Individuals already working in the active leisure sector wishing to enhance their career progression opportunities.
- Physical activity professionals, e.g. personal trainers, who wish to broaden their knowledge and skills to be able to work with a larger client base.

## What does the qualification cover?

During the qualification learners will cover the following:

- An understanding of anatomy and physiology and how it applies to health and fitness.
- An understanding of the current health landscape, looking at UK prevalence and reasons why we have an increasing health problem, for example, socio-economic reasons and an ageing population.
- A deeper understanding of behaviour-change theories and how to successfully apply behaviour-change techniques when working with clients with long-term conditions.
- How to plan and adapt exercise safely and effectively when working with clients with long-term conditions.
- An understanding of professional practice for fitness professionals working with clients with long-term conditions.

## Qualification structure

To achieve the qualification learners must complete the five mandatory units.

Unit	Accreditation number	Level
1. Applied anatomy and physiology for exercise, health and fitness	F/615/4012	3
2. The health landscape	A/618/1094	3
3. Managing long-term conditions	F/618/1095	4
4. Behaviour change for clients with long-term conditions	L/618/1097	3
5. Planning and adapting physical activity for clients with long-term conditions	M/618/1108	3

## What could this qualification lead to?

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential.

Learners will be able to progress to the following job role:

- Exercise referral instructor.

## Will the qualification support progression to further learning, and, if so, what?

The qualification is designed to offer entry to employment; however, learners can also progress onto the following qualifications:

- Active IQ Level 4 Certificate in Physical Activity and Lifestyle Strategies for Managing Low Back Pain.
- Active IQ Level 4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients.

### **Is this qualification available as an apprenticeship?**

This qualification is not available in an apprenticeship framework.

### **Is this qualification eligible for an Advanced Learner Loan?**

Yes, this qualification is available within the Advanced Learner Loan catalogue, information on which can be found by following the link below:

<https://www.gov.uk/government/publications/advanced-learner-loans-qualifications-catalogue>

### **Similar qualifications**

There are no similar qualifications at this level.