



Qualification
Guidance

Active IQ Entry Level 3 Award in the Principles of Leading an Active, Healthy Life

Qualification
Accreditation Number:
603/6346/0
Version AIQ005863

Active iQ

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Introduction

The Active IQ Entry Level 3 Award in the Principles of Leading an Active, Healthy Life is at Entry Level 3 on the Regulated Qualifications Framework (RQF).

Guided learning hours:	50	Total qualification time:	60
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Entry requirements:

- There are no specific entry requirements.

Qualification outline

Target learners:

- Learners aged 14+.
- Learners considering a career in the active leisure sector.
- Learners wishing to improve their knowledge of physical activity and wanting to adopt a healthier lifestyle for themselves.

Purpose

The purpose of this qualification is to provide learners with an understanding of the links between activity and better health, demonstrating the opportunities within daily life to become more active. Learners are given the opportunity to participate in a range of physical activities and review their own lifestyle choices.

Progression

This qualification provides progression on to:

- Active IQ Level 1 Award in Active, Healthy Living.
- Active IQ Level 1 Award in Assisting Sport and Physical Activity Sessions.
- Active IQ Level 1 Certificate in Sport and Physical Activity.
- Active IQ Level 2 Certificate in Leading Health-Related Activity Sessions.
- Active IQ Level 2 Certificate in Gym Instructing.
- Active IQ Level 2 Certificate in Group Training.
- Apprenticeships within the active leisure sector.

Links to National Standards

The qualification is underpinned by the overarching professional standards for:

- Fitness Instructing.

This qualification fulfils some of the knowledge and understanding requirements of the national curriculum at Key Stage 4 for physical health and mental wellbeing, which includes:

- Mental wellbeing.
- Physical health and fitness.
- Healthy eating.
- Health and prevention.

Occupational competence statements for tutoring, assessing and internally verifying

This section outlines the requirements for tutoring, assessing and internally verifying Active IQ qualifications.

Required criteria

All tutors, assessors and internal verifiers must:

- Possess a discipline-specific qualification equivalent to the qualification being taught.
- Have relevant industry experience.
- Demonstrate active involvement in a process of industry-relevant continuing professional development during the last two years (this may be discipline/context-specific or relevant to tutoring assessing or quality assurance).

Tutors and assessors

Tutors must hold, or be working towards, a teaching qualification.

The following are acceptable:

- Level 3 Award in Education and Training.
- Level 4 Certificate in Education and Training.
- Level 5 Diploma in Education and Training.
- Certificate in Education (including professional and postgraduate).
- Qualified Teaching and Learning Skills.

Assessors

Assessors must hold, or be working towards, any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment.
- Level 3 Award in Assessing Vocationally Related Achievement.
- Level 3 Award in Assessing Competence in the Work Environment.
- Level 3 Certificate in Assessing Vocational Achievement.
- A1 (previously D32, D33).

Internal verifiers

Internal verifiers must hold, or be working towards, any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice.
- V1 (previously D34).

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) has been achieved.

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Qualification structure

Learners must complete the one mandatory unit.

Mandatory units

Unit		Unit accreditation number	Level	GLH	TQT
1	Leading an active, healthy life	L/618/3495	E3	50	60

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand the principles of active, healthy living	1.1 Define health 1.2 Define physical fitness 1.3 List the basic principles of leading an active, healthy life 1.4 List the benefits of leading an active, healthy life 1.5 List the different health conditions linked to an inactive, unhealthy lifestyle 1.6 List the types of sport and physical activity that help to maintain physical health and fitness 1.7 List the different types of activity that can be incorporated into daily life 1.8 State the importance of sufficient, good-quality sleep 1.9 Give examples of how a lack of sleep can negatively impact daily life
2. Understand mental health and wellbeing	2.1 Define mental health 2.2 Define wellbeing 2.3 List common mental health problems 2.4 List the NHS' five steps to mental wellbeing 2.5 Give examples of signs of mental ill health 2.6 State the importance of talking about mental health and wellbeing 2.7 Give examples of situations that can have a positive and negative effect on mental health
3. Understand the benefits of a healthy balanced diet	3.1 List the benefits of a healthy balanced diet 3.2 List the different food groups found in a balanced diet 3.3 Give examples of healthy foods 3.4 Give examples of unhealthy foods 3.5 Give examples of poor eating habits

Learning outcomes The learner will:	Assessment criteria The learner can:
4. Understand barriers, goals and physical activity guidelines	4.1 List their own barriers to exercise and give examples of how to overcome them 4.2 Define smart, measurable, achievable, relevant, time framed goals (SMART) 4.3 State the government's recommended physical activity guidelines 4.4 Outline how to take part in physical activity safely, for example: <ul style="list-style-type: none"> • Warm-up • Cool-down • Appropriate clothing and footwear
5. Understand the importance of personal hygiene	5.1 State the importance of personal hygiene 5.2 State the body's process for heat regulation 5.3 List ways of maintaining personal hygiene
6. Be able to create a personal health and activity plan	6.1 Record their personal information onto a health and lifestyle questionnaire 6.2 Create personal health and fitness goals 6.3 Create a personal physical activity plan
7. Be able to participate in a range of physical activities	7.1 Make arrangements to take part in different physical activities over time 7.2 Take part in the physical activities 7.3 Record activity participation in a personal activity log 7.4 Describe their experiences of the activities 7.5 State their preferences, giving reasons for their choices
8. Be able to monitor their diet	8.1 Record their food intake 8.2 Identify examples of healthy eating in their diet 8.3 Identify examples of unhealthy eating in their diet 8.4 Identify nutritional changes that could be made to improve their diet
Assessment	Worksheet Personal activity log

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