

## Statement of Declared Purpose

<b>Awarding organisation name</b>	Active IQ
<b>Title of regulated qualification</b>	Active IQ Level 3 Extended Diploma in Personal Training for Health, Fitness and Performance
<b>Qualification level</b>	Level 3
<b>Qualification accreditation number</b>	601/9002/4
<b>Qualification type</b>	Tech Level
<b>Legacy description</b>	<i>Qualifications and Credit Framework</i>

### Qualification Overview

The Active IQ Level 3 Extended Diploma in Personal Training for Health, Fitness and Performance aims to provide learners with the broad base of knowledge and skills to be able to work in a variety of customer-facing roles within the active leisure industry, including fitness instructing and personal training, as well as the research skills required for academic study and being able to access higher education degree programmes.

Intended as a Level 3 Tech Level as it has been designed to fulfil the required Department of Education characteristics for these types of qualifications. The qualification has been nominated for inclusion in the UCAS Tariff for Higher Education for entry from 2018.

### Who could do this qualification?

This qualification is designed for individuals as part of a fulltime two year college study programme. Learners will study areas such as exercise and fitness knowledge, planning and instructing gym sessions, planning and instructing personal training, nutrition, technology in sport and exercise, entrepreneurship, marketing, research skills, customer service and managing personal and professional development.

Learners must be 16+ years old. Whilst there are no other specific entry requirements an element of communication (discussing, presenting, reading and writing) is involved, and learners entering the programme should have basic skills in communication pitched at level 2. The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.

The qualification has therefore been designed for:

- Individuals who wish to work and/or seek employment as a fitness instructor or personal trainer
- Individuals considering a career in active leisure
- Individuals wishing to access higher education programmes

## What does the qualification cover?

The qualification has been developed for learners in full time education aged 16+.

## Objectives:

To provide learners with the knowledge and skills to:

- Develop their understanding of anatomy, physiology and nutrition and how it relates to exercise and fitness.
- Be able to plan and instruct safe and effective exercise and physical activity sessions.
- Be able to deliver safe and effective personal training sessions.
- Be able to deliver exceptional customer service.
- Be able to manage their own personal and professional development.
- Be able to develop enterprise skills.
- Be able to market and sell products and services.
- Understand how technology is used within physical activity, fitness, sport and exercise.
- Be able to use research skills for academic study.

Learners can then choose to specialise by selecting a number of optional units from any of the optional groups; these include higher education, fitness and exercise and health and wellbeing.

## Employer engagement

As part of this qualification it is a mandatory requirement for learners to have access to meaningful employer engagement. This provides a clear 'line of sight' to work, enriches learning and raises the credibility of the qualification.

Employer engagement can be met in a variety of ways and can include, for example, one or more of the following:

- Structured work experience or work placements that develop skills and knowledge relevant to the qualification.
- Project(s) or exercises(s) set with input from industry practitioner(s).
- One or more units delivered or co-delivered by an industry practitioner(s). This could take the form of master classes or guest lectures.

## Qualification Structure

To achieve this qualification, learners must over the two-year programme complete the 14 mandatory units (93 credits) and a minimum of 40 credits from any of the optional units.

In total, a minimum of 105 credits must be achieved at level 3.

### Mandatory

Learners must complete all 14 mandatory units (93 credits).

Unit	Unit accreditation number	Level	Credit	GLH
1. Principles of anatomy, physiology and fitness	F/507/1217	2	12	94
2. Planning and instructing gym-based exercise	J/507/1218	2	16	139
3. Health and safety in a physical activity, fitness and sport environment	J/508/6396	3	5	26
4. Applied human biology for exercise and fitness	J/507/1204	3	8	59
5. Principles of nutrition for healthy lifestyles	L/507/1205	3	6	40
6. Conducting consultations with personal training clients	R/507/1206	3	8	50
7. Programme design and delivery for personal training	Y/507/1207	3	9	63
8. Delivering exceptional customer care	L/508/6397	3	7	33
9. Enterprise and entrepreneurship	H/507/1209	3	4	25
10. Marketing products and services	Y/507/1210	3	4	28
11. Technology in sport and exercise	D/507/1211	3	3	22
12. Managing personal and professional development	Y/508/6399	3	4	29
13. Research methods for academic study	H/507/1212	3	3	24
14. Research skills for academic study	K/507/1213	3	4	22

### Optional

Learners must complete a minimum of 40 credits from a range of optional units.

The full list of optional units that make up the Diploma can be found here:

<https://www.activeiq.co.uk/qualifications/level-3/active-iq-level-3-diploma-in-extended-diploma-in-personal-training-for-health-fitness-and-performance/>

## What could this qualification lead to?

Successful achievement of this qualification will provide entry to the Register of Exercise Professionals (REPs) at Level 3. Launched in 2002, the REPs is an independent, public register which recognises the qualifications and expertise of health enhancing exercise instructors in the UK. The REPs provides a system of regulation for instructors and trainers to ensure that they meet the health and fitness industry's agreed National Occupational Standards. Through gaining the relevant, credible qualifications, REPs membership provides assurance and confidence to employers, consumers and healthcare professionals that all REPs registered exercise professionals have the knowledge, competence and skills to perform specific roles. To read more about REPs please visit <http://www.exerciseregister.org/about-reps/about-reps>.

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

- On achieving the qualification, learners will be capable of progressing to either of the following job roles:  
Fitness Instructor
- Personal Trainer

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

The qualification is designed to offer entry to employment; however learners can also progress onto the following qualifications and/or apprenticeship framework:

- Level 3 Diploma in Exercise Referral.
- Level 3 NVQ Diploma in Personal Training.
- Active IQ Level 3 Diploma in Instructing Pilates Matwork.
- Active IQ Level 3 Diploma in Teaching Yoga.
- Level 3 Diploma in Sports Massage Therapy.
- Advanced Apprenticeship in Exercise and Fitness.

Learners may also progress on to higher education degree programmes. The qualification has been nominated for inclusion in the UCAS Tariff for Higher Education for entry from 2018.

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

This qualification is not available in an apprenticeship framework. You should take this qualification if you want to enter the health and fitness sector as a fitness instructor and/or personal trainer in an employed environment. Once in employment you could then progress to the Advanced Exercise and Fitness Apprenticeship to demonstrate occupational competence in personal training over time in the workplace.

## **Similar qualifications**

Learners should choose this qualification if they are considering completing a fulltime two year programme, after which their intention is to either go straight into employment or onto a Higher Education programme. The qualification is also available in a smaller version (“Active IQ Level 3 Diploma in Personal Training for Health, Fitness and Performance” 601/9003/6), which is a shorter qualification that could be part of a combined offer with other Tech Level, Applied General and/or A level qualifications. There are no further qualifications within this particular suite.

## Who supports the qualification?

Support for this qualification has been provided by the following Professional Bodies:

- Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)
- ukactive

To read more about the CIMSPA please visit <http://www.cimspa.co.uk/>; to read more about ukactive please visit <http://www.ukactive.com>. It has also been nominated onto the UCAS tariff by five HE/FE providers (Gt Yarmouth College, New College Swindon, Exeter College, South Downs College and London College of Beauty Therapy). Further details of the UCAS tariff will be available in November 2016.