



Qualification  
Guidance  
Syllabus

# Level 3 Award in Instructing Outdoor Fitness

Qualification  
Accreditation Number:  
**601/8833/9**  
Version AIQ005035

**Active iQ**

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# Active IQ Level 3 Award in Instructing Outdoor Fitness

**Qualification Accreditation No:** 601/8833/9

## Introduction

The Active IQ Level 3 Award in Instructing Outdoor Fitness is at level 3 on the Regulated Qualifications Framework (RQF).

**Guided learning hours: 32**

**Total qualification time: 75**

## Entry Requirements

- Learners must hold a Level 2 Certificate in Fitness Instructing (Gym, ETM) or equivalent.
- There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.

## Qualification Outline

### Target Learners:

- Learners aged 16+.
- Fitness instructors.
- Personal Trainers.

### Aim:

To provide learners with the knowledge and skills to:

- Be able to plan and instruct outdoor fitness sessions.

### Objectives:

To provide learners with the knowledge and skills to:

- Understand the health and safety requirements specific to delivering outdoor fitness sessions.
- Be able to manage risks in outdoor fitness training environments.
- Be able to plan outdoor fitness training sessions.
- Be able to deliver safe and effective outdoor fitness training sessions.

### Progression:

This qualification provides progression onto:

- Other Active IQ qualifications, e.g.:
  - Active IQ Level 3 Award in Conditioning for Exercise and Sports Performance.
  - Active IQ Level 3 Award in Nutrition for Sport and Exercise Performance.

## Links to National Occupational Standards (NOS)

There are links to:

- National Occupational Standards in Exercise and Fitness.

# Occupational competence statements for tutoring, assessing and internal 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 Continued Professional Development during the last two years (this may be discipline-/context-specific or relevant to tutoring, assessing or quality assurance).

## Tutors

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.

## 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) are achieved.

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## Qualification Structure

Learners must complete the one mandatory unit.

## Mandatory Unit

Unit		Unit accreditation number	Level	GLH
1	Planning and instructing outdoor fitness sessions	M/508/4366	3	32

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Understand the types of outdoor fitness training environments	1.1 Describe the types of outdoor environments that can be used for fitness training, for example: <ul style="list-style-type: none"> <li>• parks</li> <li>• beaches</li> <li>• gardens</li> <li>• trim trails</li> <li>• woodland/off-road</li> </ul> 1.2 Explain the benefits and disadvantages of each outdoor training location
2. Understand the health and safety requirements specific to delivering outdoor fitness sessions	2.1 Outline why health and safety is important in outdoor fitness training environments 2.2 Identify the legal and regulatory requirements for health and safety specific to outdoor fitness training 2.3 Identify roles and responsibilities for ensuring the health and safety of individuals taking part in outdoor fitness training sessions 2.4 Describe the key health and safety documents that are relevant for delivering outdoor fitness sessions 2.5 Summarise the requirements of the Outdoor Code of Practice 2.6 Identify the types of emergencies that may occur specifically in outdoor fitness training environments 2.7 Explain the procedures to follow if an emergency occurs during an outdoor fitness session 2.8 Describe how to maintain the safety of people involved in emergencies outdoors, to include: <ul style="list-style-type: none"> <li>• children</li> <li>• older people</li> <li>• disabled people</li> </ul>

Learning outcomes The learner will:	Assessment criteria The learner can:
<p>3. Be able to manage risks in outdoor fitness training environments</p>	<p>3.1 Identify possible hazards in outdoor fitness training environments, to include:</p> <ul style="list-style-type: none"> <li>• environment</li> <li>• weather conditions</li> <li>• facilities</li> <li>• equipment</li> <li>• working practices, including lifting and handling of equipment</li> <li>• participant behaviour</li> <li>• the public</li> <li>• animals</li> <li>• security</li> <li>• hygiene</li> </ul> <p>3.2 Assess the risk presented by hazards in outdoor fitness training environments</p> <p>3.3 Describe how to manage identified risks in outdoor fitness training environments</p> <p>3.4 Identify the weather conditions that can affect training in outdoor fitness sessions, to include:</p> <ul style="list-style-type: none"> <li>• temperature</li> <li>• humidity</li> <li>• rain</li> <li>• snow and ice</li> <li>• wind</li> <li>• poor visibility</li> </ul> <p>3.5 Explain the ways in which weather conditions can affect outdoor training sessions</p> <p>3.6 Explain how exercises can be safely modified in response to different weather conditions</p> <p>3.7 Explain the clothing and footwear considerations for training in different weather conditions</p> <p>3.8 Identify suitable contingency plans for occasions when weather conditions make outdoor training impractical or unsafe</p>

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
<p>4. Understand the considerations for conducting outdoor training sessions with groups</p>	<p>4.1 Describe a range of outdoor group fitness training methods, to include:</p> <ul style="list-style-type: none"> <li>• circuit training</li> <li>• bootcamp training</li> <li>• games</li> <li>• health walks</li> <li>• green gyms</li> </ul> <p>4.2 Explain the benefits and challenges of delivering group outdoor fitness training sessions</p> <p>4.3 Describe the need for professionalism when working with groups of participants outdoors</p> <p>4.4 Explain how to apply safe session structure to outdoor sessions, to include:</p> <ul style="list-style-type: none"> <li>• warm-up</li> <li>• main session</li> <li>• cool-down</li> </ul> <p>4.5 Identify instructional cues and teaching points when working with groups outdoors, to include:</p> <ul style="list-style-type: none"> <li>• effective use of body language</li> <li>• correct demonstrations</li> <li>• use of timely feedback</li> <li>• effective exercise correction</li> </ul>
<p>5. Understand a range of exercises suitable for use in outdoor fitness training environments</p>	<p>5.1 Identify a range of exercises suitable for outdoor fitness training, to include:</p> <ul style="list-style-type: none"> <li>• cardiovascular</li> <li>• bodyweight</li> <li>• use of environmental features</li> <li>• portable equipment</li> <li>• flexibility</li> </ul> <p>5.2 Describe how to incorporate environmental structures and features into outdoor fitness training sessions</p> <p>5.3 Describe how training systems can be used when designing an outdoor fitness programme</p> <p>5.4 Describe how to incorporate the use of a partner or group in outdoor fitness training sessions</p>



<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
<p>6. Be able to plan outdoor fitness training sessions</p>	<p>6.1 Describe the aims and objectives of the outdoor exercise session</p> <p>6.2 Identify environmental considerations relevant to the outdoor fitness training session</p> <p>6.3 Plan safe and effective fitness training sessions for groups, to include:</p> <ul style="list-style-type: none"> <li>• warm-up</li> <li>• main component</li> <li>• cool-down</li> </ul> <p>6.4 Provide alternatives to the programmed exercises if participants cannot take part as planned</p> <p>6.5 Develop a written contingency plan</p>
<p>7. Be able to deliver outdoor fitness training sessions</p>	<p>7.1 Prepare the equipment and environment for a planned outdoor fitness training session</p> <p>7.2 Carry out a safety check of the environment and equipment for a planned outdoor fitness training session</p> <p>7.3 Implement control measures to mitigate any anticipated hazards that may affect a planned outdoor fitness session</p> <p>7.4 Ensure there is access to essential amenities, to include:</p> <ul style="list-style-type: none"> <li>• toilets</li> <li>• drinking water</li> <li>• first aid supplies</li> <li>• emergency telephone</li> </ul> <p>7.5 Check that all participants are appropriately prepared for the session, to include:</p> <ul style="list-style-type: none"> <li>• access to water</li> <li>• suitable footwear</li> <li>• appropriate clothing for weather conditions</li> <li>• pre-activity health screening</li> </ul> <p>7.6 Help participants feel at ease in the outdoor fitness environment</p> <p>7.7 Explain the planned aims, objectives and outdoor safety considerations</p> <p>7.8 Explain the physical and technical demands of the planned exercises and how the outdoor environment may affect these</p>

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
<p>8. Be able to deliver safe and effective outdoor fitness training sessions</p>	<p>8.1 Provide a warm-up appropriate to participants' needs, the planned session and environmental conditions</p> <p>8.2 Make best use of the environment to maintain participant safety and achieve session objectives</p> <p>8.3 Provide instructions, explanations and demonstrations that are technically correct, safe and effective</p> <p>8.4 Adapt verbal and non-verbal communication methods to ensure clear communication with participants</p> <p>8.5 Analyse participants' performance, providing positive reinforcement throughout</p> <p>8.6 Provide timely exercise correction using appropriate techniques and communication modalities</p> <p>8.7 Explain how exercises can be progressed or regressed to meet participants' needs</p> <p>8.8 Provide motivation in a style consistent with the session that is respectful of participants</p> <p>8.9 Address the needs of individual participants without detracting from the experience of the group as a whole</p> <p>8.10 Lead a cool-down suitable for the type and intensity of physical exercise, participants' needs and the environmental conditions</p> <p>8.11 Review the session with participants, to include:</p> <ul style="list-style-type: none"> <li>• providing feedback to participants on performance during the session</li> <li>• gathering feedback from participants about their experience of the session</li> <li>• providing participants with information about future sessions</li> </ul> <p>8.12 Oversee the participants' safe departure from the session</p> <p>8.13 Leave the environment in a suitable condition for others to use</p>
<p>9. Be able to evaluate outdoor fitness training sessions</p>	<p>9.1 Review the safety and effectiveness of the session</p> <p>9.2 Evaluate the safety and effectiveness of session structure, selected exercises and equipment for meeting participant needs</p> <p>9.3 Evaluate the effectiveness of instructional skills for meeting participant needs</p> <p>9.4 Evaluate the effectiveness of communication for meeting participant needs</p> <p>9.5 Identify ways to improve instructional skills and communication</p> <p>9.6 Identify ways to improve session content to meet participant needs</p>
<p><b>Assessment</b></p>	<p>Worksheet</p> <p>Assignments</p> <p>Summative observation</p> <p>Self-evaluation worksheet</p>

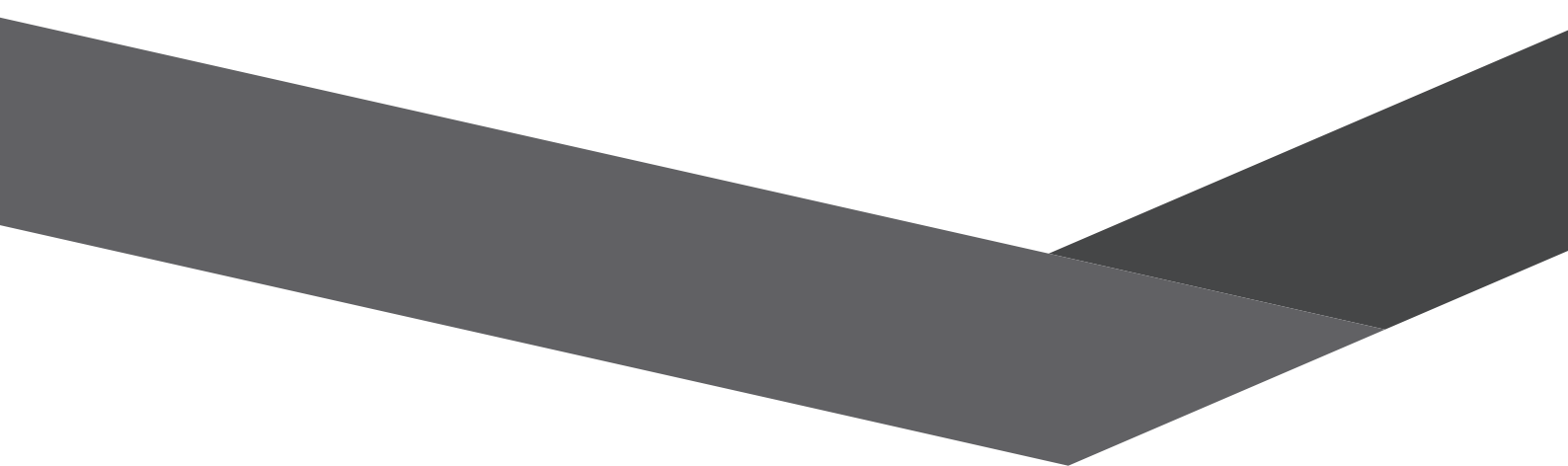


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