

## Statement of Declared Purpose

<b>Awarding organisation name</b>	Active IQ
<b>Title of regulated qualification</b>	Active IQ Level 4 Certificate in Postural Assessment and Corrective Exercise
<b>Qualification level</b>	Level 4
<b>Qualification accreditation number</b>	603/3599/3
<b>Qualification type</b>	Vocationally related qualification

### Qualification overview

The Active IQ Level 4 Certificate in Postural Assessment and Corrective Exercise will provide learners with the knowledge and skills needed to be able to assess a client's posture and movement capacity, identify joint dysfunctions and movement restrictions, and plan and implement an effective corrective exercise strategy.

### Who could do this qualification?

Learners must be 16+ years old and hold a Level 3 Personal Training qualification or equivalent.

While there are no other specific entry requirements, learners must be able to apply factual and theoretical knowledge, and use a range of cognitive and practical skills, to come up with specific solutions for personal training clients. This will require learners to work in predictable and unpredictable situations using knowledge, skills and competencies pitched at level 4 on the RQF.

The qualification has been designed for:

- Individuals working as personal trainers, looking to enhance their skills and offer postural assessment and corrective exercise strategies.

### What does the qualification cover?

During the qualification, learners will cover the following:

- A deeper understanding of anatomy and physiology for human movement.
- How to assess client posture and identify specific joint movement dysfunction and muscle imbalances.
- How to develop corrective exercise strategies for managing posture and movement dysfunction.

## Qualification structure

To achieve the qualification, learners must complete the 3 mandatory units.

Unit	Accreditation number	Level
1. Anatomy and physiology for human movement	J/617/2169	4
2. Assessing client posture and identifying specific joint movement and dysfunction	A/617/2170	4
3. Developing corrective exercise strategies for managing posture and movement dysfunction	F/617/2171	4

## What could this qualification lead to?

Successful achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as a Practitioner (exercise and fitness). Launched in 2011, CIMSPA is the professional development body for the UK's sport and physical activity sector. CIMSPA was awarded chartered status by the Privy Council, which came into effect at the start of January 2012. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector.

To read more about CIMSPA, please visit <https://www.cimspa.co.uk>.

## 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 Advanced Personal Training.
- Active IQ Level 4 Certificate in Strength and Conditioning.

## 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

Currently, there are no similar qualifications.

## Who supports the qualification?

Support for the qualification has been provided by the following professional body:

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

To read more about CIMSPA, please visit <http://www.cimspa.co.uk/>