

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 4 Certificate in Strength and Conditioning
Qualification level	Level 4
Qualification accreditation number	603/1161/7
Qualification type	Vocationally Related Qualification

Qualification overview

The Active IQ Level 4 Certificate in Strength and Conditioning provides learners with the knowledge and skills to be able to plan, prepare, deliver and review strength and conditioning programmes that will help athletes to achieve their performance goals.

Who could do this qualification?

Learners must be 16+ years old and hold a Level 3 Personal Training qualification, a Level 3 Coaching qualification (or equivalent) or a Level 3 Strength and Conditioning qualification (or equivalent).

Learners may also hold relevant higher education or further education qualifications that are equivalent to or higher than those listed above (e.g. physiotherapy, sports therapy).

The qualification has been designed for:

- Individuals working as personal trainers, sports coaches and strength and conditioning coaches.

What does the qualification cover?

During the qualification, learners will cover the following:

- The role of a strength and conditioning coach as part of an athlete's support team.
- Methods of carrying out performance-related needs analysis, measurements and assessments.
- Strategies to analyse and evaluate assessment findings in order to be able to develop and agree short-, medium- and long-term performance goals.
- Planning, delivering and evaluating periodised performance-related strength and conditioning programmes.

Qualification structure

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

	Unit	Accreditation number	Level
1.	Performance analysis of the activity and athlete	K/615/5266	4
2.	Plan, deliver and evaluate periodised performance-related strength and conditioning programmes	M/615/5267	4

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:

- Higher education (e.g. college or university) to study strength and conditioning at a higher level.
- A range of specialist strength and conditioning qualifications.
- Other Level 4 and 5 qualifications in related sectors.

Is this qualification available as an apprenticeship?

This qualification is not available in an apprenticeship framework.

Similar qualifications

Currently, there are no similar qualifications.

Who supports the qualification?

Support for the qualification has been provided by the following organisations:

- British Military Fitness

To read more about British Military Fitness, please visit <https://www.britmilfit.com/>.