

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 1 Award in Fitness and Physical Activity
Qualification level	1
Qualification accreditation number	601/4120/7
Qualification type	Vocationally Related Qualification

Qualification overview

This qualification will allow individuals to gain the underpinning knowledge and skills required to assist in leading safe and effective exercise sessions, allows them to explore career opportunities within the active leisure sector, whilst also gaining an understanding of health eating and a healthy lifestyle.

Who could do this qualification?

There are no specific entry requirements and the qualification is open to all. A basic level of numeracy and literacy is required.

The qualification has been designed for:

- Individuals considering or wishing to progress to a career in the fitness industry.
- Individuals already working within the fitness industry who wish to improve their knowledge and skills to assist in the delivery of exercise sessions.
- Individuals wanting to improve their knowledge of activity and exercise and who wish to adopt a healthier lifestyle for themselves.
- Children aged 14+/key stage 4.
- School leavers and individuals returning to education.

What does the qualification cover?

During the qualification learners will cover the following:

- The basic structure and function of the human body in relation to exercise and fitness.
- Using a personal exercise programme utilising the principles of fitness (frequency, intensity, time, type and adherence).
- An introduction to the role of the fitness instructor.
- An introduction to the fitness industry and careers in fitness.
- The basic principles of assisting in leading an exercise session safely and effectively.
- The benefits of a balanced diet and its contribution to a healthy lifestyle.

Qualification structure

To achieve the qualification learners must complete 6 credits from Mandatory Group A, a minimum of 1 credit from Group B and 2 credits from Group C. Overall a credit value of 9 must be achieved.

Mandatory Group A

Unit	Unit accreditation number	Level	Credits
1. Participate in physical activity in the fitness environment	K/600/9370	1	2
2. Exercise and fitness knowledge	J/601/0011	1	2
3. Exploring personal fitness	Y/601/0014	1	2

Group B

Unit	Unit accreditation number	Level	Credits
4. Assist in the delivery of an exercise session	J/600/4256	1	2
5. Understanding the health and fitness industry	R/600/4566	Entry Level 3	1

Group C

Unit	Unit accreditation number	Level	Credits
6. Healthy eating in personal development	A/501/3994	2	2
7. Healthy eating	K/502/3355	1	2

What could this qualification lead to?

This qualification prepares individuals for further learning or training and/or to develop knowledge and/or skills in a subject area. The qualification will allow individuals to gain the underpinning knowledge and skills required to assist in leading safe and effective exercise sessions, and to progress towards a full, entry to sector Level 2 qualification in exercise and fitness.

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

The qualification is designed to offer progression onto further learning and training, learners may progress onto the following qualifications and apprenticeship frameworks:

- Level 2 NVQ Certificate in Activity Leadership.
- Level 2 NVQ Diploma in Instructing Exercise and Fitness.
- Level 2 Certificate in Gym Instructing.
- Level 2 Certificate in Leading Health-Related Activity Sessions.
- Intermediate Apprenticeship in Exercise and Fitness.
- Intermediate Apprenticeship in Activity Leadership.

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?

No, this qualification is not available within the Advanced Learner Loan catalogue.

Similar qualifications

Active IQ Level 1 Award in Active, Healthy Living, accreditation number: 500/7855/0. Learners should choose this qualification if they are interested in developing their own knowledge and skills to adopt an active, healthy lifestyle.

Active IQ Level 1 Award in Lifestyle Management, accreditation number: 601/4121/9. Learners should choose this qualification if they wish to develop the knowledge and skills required to manage their own lifestyle with a view to making improvements to their health and wellbeing.

Active IQ Level 1 Award in Assisting Health-Related Activity Sessions, accreditation number: 500/7245/6. Learners should choose this qualification if they wish to develop their knowledge and skills in assisting in the delivery of exercise sessions.

Who supports the qualification?

Support for the qualification has been provided by a minimum of three providers listed on the Skills Funding Agency Register of Training Organisations who have contracts for delivery.

For further details please visit

<https://www.gov.uk/government/collections/sfa-register-of-training-organisations>