



Qualification  
Guidance

# Level 2 Award in Smoking Awareness and Cessation

Qualification  
Accreditation Number:  
**601/2024/1**  
Version AIQ004516

**Active iQ**

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# Active IQ Level 2 Award in Smoking Awareness and Cessation

**Qualification Accreditation No:** 601/2024/1

## Introduction

The Active IQ Level 2 Award in Smoking Awareness and Cessation is at level 2 on the Regulated Qualifications Framework.

**Guided** learning hours: 9      Total Qualification Time: 20      Credit: 2

Minimum credit to be achieved at or above the level of the qualification	2
Requirements other than the award of credit which needs to be met before the qualification is awarded:	None
Exemptions:	None

## Entry Requirements

- There are no specific entry requirements
- 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 and Activity Instructors
- Community Workers
- Health Care Professionals

### Aim:

To provide learners with an awareness of the health implications of smoking and knowledge of strategies and sources of information to assist in smoking cessation

### Objectives:

To provide learners with the knowledge and skills to:

- understand the key UK statistics related to smoking
- understand the health implications smoking has on individuals
- understand the key components of tobacco products and the effects they have on the body
- be able to assist individuals in smoking cessation

## Progression

This qualification provides progression on to:

- Fitness and Activity Leader qualifications e.g. Active IQ Level 2 Certificate in Fitness Instructing or the Active IQ Level 2 Award in Leading Health Related Activity Sessions
- Active IQ Level 2 Certificate in Promoting Community Health and Well Being
- Other health care qualifications

## **Links to National Occupational Standards**

There are links to the following National Occupational Standards:

- Support individuals who express a wish to stop smoking

## 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 Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 3 Award in Education and Training
- Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 4 Certificate in Teaching in the Lifelong Learning Sector (CTTLS)
- Level 4 Certificate in Education and Training
- Level 5 Diploma in Teaching in the Lifelong Learning Sector (DTTLS)
- 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 or
- Level 3 Award in Assessing Vocationally Related Achievement or
- Level 3 Award in Assessing Competence in the Work Environment or
- Level 3 Certificate in Assessing Vocational Achievement, or
- 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 or
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice or
- 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.

**Active IQ Level 2 Award in Smoking Awareness and Cessation****Qualification Accreditation Number: 601/2024/1****Qualification Structure**

Learners must complete the one mandatory unit (2 credits).

**Mandatory Unit**

Unit	Unit accreditation number	Level	Credits
1	Smoking awareness and cessation	J/505/2930	2

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
1. Know the key UK statistics related to smoking	1.1 Describe the demographics of smokers in the UK, to include; <ul style="list-style-type: none"> <li>• % of population</li> <li>• Gender</li> <li>• Age</li> <li>• Regional smoking rates</li> <li>• Deaths related to smoking</li> </ul> 1.2 Identify the revenue earned from tobacco tax 1.3 Identify the cost smoking has on the NHS and stop smoking services
2. Understand the health implications smoking has on an individual	2.1 State the physical and psychological effects smoking has on the body 2.2 Identify the short, medium and long term health implications of smoking 2.3 Identify the risks posed to sexual health by smoking 2.4 Identify the risks of smoking during pregnancy
3. Understand the key components of tobacco products and the effects they have on the body	3.1 Identify substances and chemicals found in tobacco products 3.2 Describe the effects nicotine has on the body 3.3 Describe the effects tar has on the body 3.4 Describe the effects carbon monoxide has on the body 3.5 Identify the key signs of addiction 3.6 Describe common withdrawal symptoms
4. Know strategies and sources of information to assist in smoking cessation	4.1 Identify where credible information and advice on smoking cessation can be obtained 4.2 Identify methods and strategies for smoking cessation, to include; <ul style="list-style-type: none"> <li>• Nicotine replacement therapy (NRT)</li> <li>• Prescribed medications</li> </ul> 4.3 Identify the short, medium and long term benefits of smoking cessation
Assessment	Worksheet

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