

## Statement of Declared Purpose

<b>Awarding organisation name</b>	Active IQ
<b>Title of regulated qualification</b>	Active IQ Level 4 Certificate in Physical Activity and Lifestyle Strategies for Managing Low Back Pain
<b>Qualification level</b>	4
<b>Qualification accreditation number</b>	601/4931/0
<b>Qualification type</b>	Vocationally Related Qualification

### Qualification overview

The Active IQ Level 4 Certificate in Physical Activity and Lifestyle Strategies for Managing Low Back Pain is designed for learners already working within the health, fitness and wellbeing industry and will equip learners to prepare for employment in a specific occupational area. This qualification is designed to provide learners with the knowledge to ensure safe and effective exercise programming for clients with low back pain within an exercise referral scheme or as a self-referred client.

### Who could do this qualification?

Learners must be 16+ years of age and hold a Level 3 Diploma in Exercise Referral or equivalent.

The qualification has been designed for:

- Individuals who wish to work and/or seek employment as specialist exercise instructors who wish to design and implement programmes of exercise for referred patients with low back pain.
- Individuals considering a career in health and wellbeing in relation to physical activity for medically referred patients.
- Individuals already working in the active leisure sector wishing to enhance their career progression opportunities.

### What does the qualification cover?

During the qualification learners will cover the following:

- The prevalence and classification of low back pain.
- How to determine health risks associated with low back pain.
- The contributing factors that lead to the development of different types of low back pain.
- How to apply appropriate training approaches to plan and design physical activity and exercise programmes for clients with chronic non-specific low back pain.
- How chronic non-specific low back pain, medications, psychological/sociological factors and co-morbidities affect client's ability to exercise safely and effectively.
- How to support clients to adopt healthier lifestyle behaviours as part of a programme to manage chronic non-specific low back pain.

## Qualification structure

To achieve the qualification learners must complete the three mandatory units (15 credits).

Unit		Unit accreditation number	Level	Credits
1.	Prevalence and classification of low back pain	H/506/8004	4	3
2.	Development and pathology of low back pain	D/506/8003	4	4
3.	Planning and delivering physical activity and lifestyle strategies for the management of chronic non-specific low back pain	Y/506/8002	4	8

## What could this qualification lead to?

Successful achievement of this qualification will enable learners to gain employment as a fully qualified specialist exercise instructor (in the context of low back pain) within an exercise referral scheme operated by public leisure providers and private companies working conjointly with participating General Practitioners and/or work as a fully qualified specialist exercise instructor (in the context of low back pain) in health and wellbeing facilities.

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

The qualification can also support progression to Higher Education Institutions for access to degrees in healthcare roles such as physiotherapy, osteopathy or chiropractic training. Learners may also progress onto other Level 4 Special Populations qualifications such as the:

- Level 4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients.
- British Association for Cardiovascular Prevention and Rehabilitation (BACPR) Specialist Exercise Instructor Level 4 Cardiac Qualification.
- Level 4 Certificate in Cancer Rehabilitation.
- Level 4 Award In Long Term Neurological Conditions.

## Is this qualification available as an apprenticeship?

No, 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

This qualification is not available in a larger or smaller version at this level.

## Who supports the qualification?

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

- ukactive.

To read more about ukactive please visit <http://www.ukactive.com/>