



Qualification
Guidance

Active IQ Level 1 Award in Assisting Sport and Physical Activity Sessions

Qualification
Accreditation Number:
603/6347/2
Version AIQ005864

Active iQ

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Introduction

The Active IQ Level 1 Award in Assisting Sport and Physical Activity Sessions is at Level 1 on the Regulated Qualifications Framework (RQF).

Guided learning hours:	32	Total qualification time:	34
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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 1.

Qualification outline

Target learners:

- Learners aged 14+.
- Learners considering a career in the active leisure sector.
- Learners wishing to assist in the delivery of sport and physical activity sessions.

Purpose

The purpose of this qualification is to provide learners with the knowledge and skills to be able to assist with the planning, preparation and delivery of safe and effective sport and physical activity sessions.

Progression

This qualification provides progression on to:

- Active IQ Level 2 Certificate in Gym Instructing.
- Active IQ Level 2 Certificate in Leading Health-Related Activity Sessions.
- Active IQ Level 2 Certificate in Leisure Operations.
- Apprenticeships within the active leisure sector.

Links to National Standards

The qualification is underpinned by the overarching professional standards for:

- Fitness Instructing.

Occupational competence statements for tutoring, assessing and internally 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 continuing professional development during the last two years (this may be discipline/context-specific or relevant to tutoring assessing or quality assurance).

Tutors and assessors

Tutors must hold, or be working towards, a teaching qualification.

The following are acceptable:

- Level 3 Award in Education and Training.
- Level 4 Certificate in Education and Training.
- Level 5 Diploma in Education and Training.
- Certificate in Education (including professional and postgraduate).
- Qualified Teaching and Learning Skills.

Assessors

Assessors must hold, or be working towards, any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment.
- Level 3 Award in Assessing Vocationally Related Achievement.
- Level 3 Award in Assessing Competence in the Work Environment.
- Level 3 Certificate in Assessing Vocational Achievement.
- 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.
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice.
- 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) has been achieved.

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Qualification structure

Learners must complete the one mandatory unit.

Mandatory units

	Unit	Unit accreditation number	Level	GLH	TQT
1	Assist in the planning and delivery of a sport or physical activity session	R/616/7783	1	32	34

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Know the basic principles of leading a safe and effective sport or physical activity session	1.1 List the basic principles of leading a safe and effective sport or physical activity session
2. Understand the health and safety considerations when preparing to lead a sport and physical activity session	2.1 List the health and safety considerations when preparing to lead a sport and physical activity session 2.2 List the types of hazard that can occur during activity sessions 2.3 Outline how to make safe and effective physical activity choices 2.4 Identify the purpose of a PAR-Q screening form
3. Understand the main components of an activity session	3.1 Identify the purpose of a: <ul style="list-style-type: none"> • Warm-up • Main session • Cool-down 3.2 Outline the basic structure of a: <ul style="list-style-type: none"> • Warm-up • Main session • Cool-down 3.3 Identify tests used to determine levels of physical fitness 3.4 State the differences between static and dynamic stretching 3.5 Give examples of the advantages and disadvantages of static and dynamic 3.6 stretching 3.7 State appropriate exercise/activity selection to achieve muscular balance 3.8 Identify methods of monitoring intensity, to include: <ul style="list-style-type: none"> • Observation • Talk test • Heart rate • Revised Borg Scale

Learning outcomes The learner will:	Assessment criteria The learner can:
4. Be able to plan a sport or physical activity session	4.1 State the aims of the session 4.2 List the rules and/or techniques involved in the specific activity 4.3 Plan a sport or physical activity session, to include: <ul style="list-style-type: none"> • Warm-up • Main component • Cool-down 4.4 Gain feedback on your session plan from a qualified instructor
5. Be able to prepare for the sport or physical activity session	5.1 Assist in preparing the equipment and facilities for the planned session
6. Be able to demonstrate assisting in the delivery of a safe and effective sport or physical activity session	6.1 Assist in leading a safe and effective warm-up for the session 6.2 Communicate clearly with the participants during the session 6.3 Assist with leading a safe and effective main component of the session 6.4 Motivate participants appropriately 6.5 Assist with leading a safe and effective cool-down for the session 6.6 Utilise facilities and/or equipment safely during the session
7. Be able to conclude the sport or physical activity session	7.1 Assist with putting equipment away safely following the session 7.2 Ensure that facilities are left in good working order
Assessment	Session plan Summative observed session

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