Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 3 Diploma in Health and Fitness
Qualification level	Level 3
Qualification accreditation number	601/0348/6
Qualification type	Vocationally Related Qualification

Qualification overview

The aim of this qualification is to provide learners with the essential knowledge and skills required to pursue a career in Active Leisure. The qualification focuses on giving the learner multiple knowledge and skills to broaden their ability to enhance and develop their career prospects and pathways thereby, increase their earning potential and/or gain employment within the Active Leisure sector.

Who could do this qualification?

There are no specific entry requirements, however the course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.

There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.

The qualification has been designed for:

- Individuals who are aged 16+.
- Individuals considering a career as a fitness instructor and/ or personal trainer.

What does the qualification cover?

During the qualification learners will cover the following:

- Anatomy and physiology.
- The importance of maintaining health, safety and welfare in a variety of fitness environments, including safeguarding children and vulnerable adults.
- How to create safe and effective exercise programmes for different types of client.
- The health benefits of physical activity and healthy eating.
- Effective communication and motivation, and how to ensure clients adhere to an exercise programme.

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Qualification structure

To achieve the qualification learners must achieve 90 credits to gain this qualification; a minimum of 50 credits must be at level 3 or above.

The learner must achieve all four units from Mandatory Group A (14 credits). Learners must then achieve a minimum of 10 credits from Groups B, C or D. Learners must choose either Group E or F. For Group E learners must complete all four units (28 credits), for Group F learners must complete all six units (38 credits).

The remaining 28-38 credits can come from a number of optional units, including Groups B, C, D, E or F.

Mandatory Group A

	Unit	Accreditation number	Level	Credit
1.	Anatomy and physiology for exercise	H/600/9013	2	6
2.	Know how to support clients who take part in exercise and physical activity	M/600/9015	2	2
3.	Health, safety and welfare in a fitness environment	T/600/9016	2	2
4.	Principles of exercise, fitness and health	A/600/9017	2	4

The full list of optional units can be found:

https://www.activeiq.co.uk/qualifications/level-3/active-iq-level-3-diploma-in-health-and-fitness/

What could this qualification lead to?

Successful achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as a practitioner (exercise and fitness). Launched in 2011, CIMSPA is the professional development body for the UK's sport and physical activity sector. CIMSPA was awarded chartered status by the Privy Council, which came into effect at the beginning of January 2012. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector.

To read more about CIMSPA, please visit https://www.cimspa.co.uk

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential.

Learners will be able to progress to the following job role:

- Personal trainer.
- Exercise referral instructor.

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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 and apprenticeship framework:

- Active IQ Level 3 NVQ Diploma in Personal Training.
- Active IQ Level 3 Diploma in Instructing Pilates Matwork.
- Active IQ Level 3 Diploma in Teaching Yoga.
- Active IQ Level 3 Diploma in Sports Massage Therapy.
- Active IQ Level 4 Certificate in Advanced Fitness Instructing.
- Active IQ Level 4 Certificate in Strength and Conditioning.
- Advanced Apprenticeship in Exercise and Fitness.

Is this qualification available as an apprenticeship?

Yes, this qualification is available in the following apprenticeship framework:

- Advanced Exercise and Fitness.

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

There are no similar qualifications at the level.

Who supports the qualification?

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

- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

To read more about CIMSPA, please visit http://www.cimspa.co.uk/

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