

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 3 Diploma in Physical Activity, Fitness and Exercise Science
Qualification level	3
Qualification accreditation number	601/6042/1
Qualification type	Vocationally Related Qualification

Qualification overview

The Active IQ Level 3 Diploma in Physical Activity, Fitness and Exercise Science aims to provide learners with the broad base of knowledge and skills to be able to work in a variety of customer-facing roles within the active leisure industry, including fitness instructing, personal training and leisure operations, as well as being able to access higher education degree programmes. It is intended as a Level 3 Tech Level as it has been designed to fulfil the required Department of Education characteristics for these types of qualifications. It will appear in the UCAS Tariff for Higher Education entry from 2017 and has been endorsed by a HE Institution.

Who could do this qualification?

This qualification is designed for individuals as part of a two year college study programme. In Year 1 they will study areas such as exercise and fitness knowledge, planning and instructing gym sessions, an introduction to leisure operations, customer service and managing personal and professional development. Learners can then choose to specialise in any of the optional unit groups. These include fitness and exercise, health and wellbeing, physical activity and leisure operations. In Year 2 learners must complete a set number of mandatory units including subject areas such as planning and instructing personal training, nutrition, technology in sport and exercise, entrepreneurship and marketing. They will then need to complete optional unit groups in order to complete the full two year qualification.

Learners must be 16+ years old. Whilst there are no other specific entry requirements an element of communication (discussing, presenting, reading and writing) is involved, and learners entering the programme at Year 1 should have basic skills in communication pitched at level 2. The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.

The qualification has been designed for:

- Individuals who wish to work and/or seek employment as a fitness instructor or personal trainer
- Individuals considering a career in active leisure
- Individuals wishing to access higher education programmes

What does the qualification cover?

During the qualification learners will cover the following:

- Anatomy, physiology and nutrition and how it relates to exercise and fitness.
- Roles and career pathways available in active leisure.
- How to plan and instruct safe and effective exercise and physical activity sessions.
- How to deliver safe and effective personal training sessions.
- How to deliver exceptional customer service.
- How to manage own personal and professional development.
- How to develop enterprise skills.
- How to market and sell products and services.
- How technology is used within physical activity, fitness sport and exercise.

Qualification structure

To achieve this qualification, learners must, over the two year programme, complete the 14 mandatory units (91 credits) and a minimum of 40 credits from any of the optional units. In total, a minimum of 131 credits must be achieved. A minimum of 66 credits must be achieved at level 3.

Year 1

Learners must complete all 6 mandatory units (45 credits) and a minimum of 20 credits from any of the optional units. (65 credits in total).

Mandatory

Learners must complete all 6 mandatory units (45 credits).

Unit	Unit accreditation number	Level	Credits
1. Principles of anatomy, physiology and fitness	F/507/1217	2	12
2. Planning and instructing gym-based exercise	J/507/1218	2	16
3. Principles of customer care	L/507/1219	2	7
4. Working in active leisure facilities	J/507/1221	2	4
5. Health and safety in the workplace	L/507/1222	2	2
6. Managing personal and professional development	R/507/1223	2	4

Optional

Learners must complete a minimum of 20 credits from any of the optional units.

The full list of optional units that make up the Diploma can be found here:

<https://www.activeiq.co.uk/qualifications/level-3/diploma-in-physical-activity-fitness-and-exercise-science>

Year 2

Learners must complete all 8 mandatory units (46 credits) and a minimum of 20 credits from any of the optional units. (66 credits in total).

Mandatory

Learners must complete all 8 mandatory units (46 credits).

Unit	Unit accreditation number	Level	Credits
1. Applied human biology for exercise and fitness	J/507/1204	3	8
2. Principles of nutrition for healthy lifestyles	L/507/1205	3	6
3. Conducting consultations with personal training clients	R/507/1206	3	8
4. Programme design and delivery for personal training	Y/507/1207	3	9
5. Developing exceptional customer care skills	D/507/1208	3	4
6. Enterprise and entrepreneurship	H/507/1209	3	4
7. Marketing products and services	Y/507/1210	3	4
8. Technology in sport and exercise	D/507/1211	3	3

Optional

Learners must complete a minimum of 20 credits from any of the optional units.

The full list of optional units that make up the Diploma can be found here:

<https://www.activeiq.co.uk/qualifications/level-3/diploma-in-physical-activity-fitness-and-exercise-science>

Employer engagement

As part of this qualification it is a mandatory requirement for learners to have access to meaningful employer engagement. This provides a clear 'line of sight' to work, enriches learning and raises the credibility of the qualification.

Employer engagement can be met in a variety of ways and can include, for example, one or more of the following:

- Structured work experience or work placements that develop skills and knowledge relevant to the qualification.
- Project(s) or exercises(s) set with input from industry practitioner(s).
- One or more units delivered or co-delivered by an industry practitioner(s). This could take the form of master classes or guest lectures.

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.

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:

- Fitness Instructor.
- Personal Trainer.
- Leisure Assistant.
- Leisure Duty Manager.

Is this qualification available as an apprenticeship?

This qualification is available as part of the Advanced Exercise and Fitness Apprenticeship and provides direct progression to the Level 3 NVQ Diploma in Personal Training for learners who wish to develop and demonstrate occupational competence in the workplace.

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 bodies:

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

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

To read more about ukactive please visit www.ukactive.com