

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 1 Award in Lifestyle Management
Qualification level	1
Qualification accreditation number	601/4121/9
Qualification type	Vocationally Related Qualification

Qualification overview

The Active IQ Level 1 Award in Lifestyle Management allows learners to gain the underpinning knowledge and skills required to manage their own lifestyle with a view to making improvements to their health and wellbeing.

Who could do this qualification?

There are no specific entry requirements and the qualification is open to all. A basic level of numeracy and literacy is required.

The qualification has been designed for:

- Individuals considering or wishing to progress to a career in the wider active leisure and/or health and fitness industry.
- Individuals wanting to improve their knowledge of health and wellbeing and who wish to adopt a healthier lifestyle and/or make improvements to their own health and wellbeing.
- Children aged 14+/key stage 4.
- School leavers and individuals returning to education.

What does the qualification cover?

During the qualification learners will cover the following:

- Their lifestyle choices and identify where positive changes could be made to improve health and wellbeing.
- Personal development and how their personal skills, abilities and behaviours can be improved.
- A variety of leisure activities and state a preference as to what they do in their leisure time.
- The benefits of a balanced diet and its contribution to a healthy lifestyle.
- The importance of maintaining a healthy diet.

Qualification structure

To achieve the qualification learners must complete the three mandatory units (6 credits) from Group A and one unit (2 credits) from Group B.

Group A

Unit	Unit accreditation number	Level	Credits
1. Lifestyle management	Y/600/4343	1	2
2. Developing self	K/502/0469	1	2
3. Making the most of leisure time	K/502/0651	1	2

Group B

Unit	Unit accreditation number	Level	Credits
4. Healthy eating in personal development	A/501/3994	2	2
5. Healthy eating	K/502/3355	1	2

What could this qualification lead to?

This qualification prepares individuals for further learning or training and/or to develop knowledge and/or skills in a subject area.

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

The qualification is designed to offer progression onto further learning and training, learners may progress onto the following qualifications and apprenticeship frameworks:

- Level 1 Award in Fitness and Physical Activity.
- Level 1 Award in Assisting Health-Related Activity Sessions.
- Level 2 Certificate in Gym Instructing.
- Level 2 Certificate in Leading Health-Related Activity Sessions.
- Level 2 NVQ Certificate in Activity Leadership.
- Level 2 NVQ Diploma in Instructing Exercise and Fitness.
- Intermediate Apprenticeship in Exercise and Fitness.
- Intermediate Apprenticeship in Activity Leadership.

Is this qualification available as an apprenticeship?

This qualification is not available in an apprenticeship framework.

Is this qualification eligible for an Advanced Learner Loan?

No, this qualification is not available within the Advanced Learner Loan catalogue.

Similar qualifications

Active IQ Level 1 Award in Active, Healthy Living, accreditation number: 500/7855/0. Learners should choose this qualification if they are interested in developing their own knowledge and skills to adopt an active, healthy lifestyle.

Active IQ Level 1 Award in Assisting Health-Related Activity Sessions, accreditation number: 500/7245/6. Learners should choose this qualification if they wish to develop their knowledge and skills in assisting in the delivery of exercise sessions.

Active IQ Level 1 Award in Fitness and Physical Activity, accreditation number: 601/4120/7. Learners should choose this qualification if they are looking to explore career opportunities with the active leisure sector, whilst also developing their knowledge around exercise, healthy eating and healthy lifestyles.

Who supports the qualification?

Support for the qualification has been provided by a minimum of three providers listed on the Skills Funding Agency Register of Training Organisations who have contracts for delivery.

For further details please visit

<https://www.gov.uk/government/collections/sfa-register-of-training-organisations>