

## Statement of Declared Purpose

<b>Awarding organisation name</b>	Active IQ
<b>Title of regulated qualification</b>	Active IQ Level 3 Diploma in Health and Fitness
<b>Qualification level</b>	Level 3
<b>Qualification accreditation number</b>	603/6354/X
<b>Qualification type</b>	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?

This qualification aims to provide learners with the knowledge and skills to be able to plan, deliver and supervise safe and effective exercise programmes within a gym or health club environment. During the qualification learners will cover:

- Anatomy, physiology and nutrition and how they relate to exercise and fitness.
- Health and safety in the fitness environment.
- The skills to conduct client and group inductions in a gym-based environment and support exercise adherence and a healthy lifestyle.
- The skills to plan, instruct and supervise safe and effective exercise and physical activity sessions.
- Professionalism for fitness instructing.
- Technology in sport and exercise.

## Qualification structure

To achieve the qualification learners must complete the six mandatory units and a minimum of 15 optional units including the minimum requirements for two of the pathways from the following:

- Personal training.
- Operational service / Leisure management.
- Coaching.
- Special populations.
- Long-term conditions.
- Health and well-being.

**Please note:** Units can be selected from the following two groups; however, they do not contribute towards the minimum of two pathway requirements:

- Group training.
- Other.

### Mandatory Units

Unit	Accreditation number	Level
1. Principles of anatomy, physiology and fitness	A/616/7499	2
2. Professionalism and customer care for fitness instructors	K/616/7501	2
3. Health and safety in the fitness environment	M/616/7502	2
4. Conducting client consultations to support positive behaviour change	A/616/7504	2
5. Planning and instructing gym-based exercise	F/616/7505	2
6. Technology in sport and exercise	M/618/3456	3

The full list of optional units can be found:

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

## 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:

- Gym instructor.
- Personal trainer.

## 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:

- Leisure team member apprenticeship.
- Personal trainer apprenticeship.
- Leisure duty manager apprenticeship.
- 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 Personal Training.
- Active IQ Level 4 Certificate in Strength and Conditioning.
- Active IQ Level 4 Certificate in Physical Activity and Lifestyle Strategies for Managing Low Back Pain.
- Active IQ Level 4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients.

## 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 this 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/>