

Qualification Specification

Focus Award Level 4 Certificate in Developing
Physical Activity and Weight Management
Strategies for Diabetic Clients (RQF)

603/5234/6



Silicon House, Farfield Park Manvers, Rotherham S63 5DB

T: 0333 3447 388 E: info@focusawards.org.uk

Contents

Qualification Details.....	Page 3
Qualification Purpose.....	Page 3
Learner Entry Requirements.....	Page 3
Age Ranges.....	Page 3
Geographical Coverage.....	Page 3
Reasonable Adjustments and Special Considerations.....	Page 3
Assessment Methods.....	Page 4
Progression Routes.....	Page 4
Useful websites and supporting materials.....	Page 4
Qualification Structure/Rules of Combination.....	Page 4
Requirements for Tutors.....	Page 5
Requirements for assessors.....	Page 5
Requirements for Internal Quality Assurers (IQA).....	Page 5

Focus Award Level 4 Certificate in Developing Physical Activity and Weight Management Strategies for Diabetic Clients (RQF)

Qualification Details

QRN: 603/5234/6

Credit: 10

GLH: 66

TQT: 110

Qualification Purpose

The aim of the Focus Award Level 4 Certificate in Developing Physical Activity and Weight Management Strategies for Diabetic Clients (RQF) is to provide learners with the knowledge and skills required to support diabetic clients through exercise. Whilst completing the qualification learners will gain the understanding of the types of diabetes and how to plan exercise for clients with diabetes, before being able to successfully deliver exercise to support clients with diabetes.

Learner Entry Requirements

There are no specific entry requirements for this qualification.

Age Ranges

Entry is at the discretion of the centre; however learners should be 16 to undertake this qualification.

Geographical Coverage

This qualification has been accredited for use in England and Northern Ireland.

Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Focus Awards Reasonable Adjustments and Special Consideration Policy.'

Assessment Methods

Each learner is required to create portfolio of evidence which demonstrates achievement of all the learning outcomes and the assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include:

- Assessor observation – completed observational checklists on related action plans
- Witness testimony
- Learner product
- Worksheets
- Assignments / projects / reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Evidence may be drawn from actual or simulated situations where appropriate and where permitted by the relevant Sector Skills Council or Sector Skills Body.

Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

Useful websites and supporting materials

You will find useful websites and supporting materials here:

- www.focusawards.org.uk
- Ofqual.gov.uk

Qualification Structure/Rules of Combination

To achieve the Focus Award Level 4 Certificate in Developing Physical Activity and Weight Management Strategies for Diabetic Clients (RQF) learners must achieve a total of 10 credits

Unit Title	Unit Ref	Level	GLH	Credit
Mandatory units				
Planning Exercise to Support Diabetic Clients	J/617/8599	4	22	3
Delivering Exercise to Support Diabetic Clients	M/617/8600	4	22	4
Understanding Diabetes in relation to exercise	T/617/8601	4	22	3

Requirements for Tutors:

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however; consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

Requirements for assessors:

Assessors will be required to hold, or be working towards a relevant assessing qualification. This may include qualifications such as the Level 3 Certificate in Assessing Vocational Achievement, or the Level 3 Award in Assessing Competence in the Work Environment. Focus Awards will however; consider other relevant assessing qualifications upon submission. Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor. Assessors must also be able to show they are occupationally competent within the sector area.

Requirements for Internal Quality Assurers (IQA):

Internal Quality Assurers should hold or be working towards the following an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however; consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.