

# Qualification Specification

Focus Awards Level 3 Award in Instructing  
Sports Specific Conditioning (RQF)

603/3324/8



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## Focus Awards Level 3 Award in Instructing Sports Specific Conditioning (RQF)

### Qualification Details

QRN: 603/3324/8

Credit: 4

GLH: 30

TQT: 40

### Qualification Purpose

The Focus Awards Level 3 Award in Instructing Sports Specific Conditioning (RQF) is aimed at learners aged 16 or over. The qualification will provide learners with the knowledge and understanding required to plan, design and instruct an effective sports conditioning session. The qualification also covers biochemical demands, physiological responses and the role of nutrition related to the learner's sport.

### Learner Entry Requirements

There are no specific entry requirements for this qualification.

Focus Awards does not set any entry requirements but training providers or colleges may have their own guidelines.

### Age Ranges

Learners must be 16 years or over.

### Geographical Coverage

This qualification is available in England.

### Reasonable Adjustments and Special Considerations

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

## Assessment Methods

The Focus Awards Level 3 Award in Instructing Sports Specific Conditioning (RQF) is **internally assessed**.

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

The main pieces of evidence for the portfolio could include;

- Assessor observation
- Witness Testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports

Recognition of prior learning (RPL)

## Progression Routes

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

- Focus Awards Level 4 Certificate in Strength and Conditioning

## Useful websites and supporting materials

- [www.focusawards.org.uk](http://www.focusawards.org.uk)
- [ofqual.gov.uk](http://ofqual.gov.uk)

## National Occupational Standards

The Focus Awards Level 3 Award in Instructing Sports Specific Conditioning (RQF) is based on the strength and conditioning national occupational standards and identified within each unit guidance.

## Qualification Structure/Rules of Combination

To successfully achieve the Focus Awards Level 3 Award in Instructing Sports Specific Conditioning (RQF) learners must complete all the mandatory units totalling 4 credits.

Unit Title	Unit Ref	Level	GLH	Credit
<b>Mandatory Units</b>				
Principles and theories of sports conditioning	L/617/0942	3	15	2
Practical application of sports conditioning	R/617/0943	3	15	2

### **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.