

## Qualification Specification

Focus Awards Level 3 Extended Diploma for  
Personal Training Practitioners (RQF)

603/7192/4



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## Focus Awards Level 3 Extended Diploma for Personal Training Practitioners (RQF)

### Qualification Details

QAN:	603/7192/4
GLH:	410
Credit:	68
TQT:	680

### Qualification Purpose

The aim of the Focus Awards Level 3 Extended Diploma for Personal Training Practitioners (RQF) is to provide learners with essential skills and the knowledge required to plan exercise programmes for both groups and individuals in gym-based exercise and personal training.

Learners will also gain the understanding of business development and technology to assist to personal training along with the skills and understanding of nutrition for exercise performance and advanced personal training in a range of environments.

### 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 Reasonable Adjustments and Special Consideration Policy: <https://www.focusawards.org.uk/wp-content/uploads/2019/07/Reasonable-Adjustments.pdf>

### Assessment Methods

Each learner is required to create a 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)

## Progression Routes

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

- Focus Awards Level 4 Certificate for Advanced Personal Trainers (RQF)
- Focus Awards Level 4 Certificate in Developing Physical Activity and Weight Management Strategies for Diabetic Clients (RQF)
- Focus Awards Level 4 Certificate in Nutrition for Weight Management and Athletic Performance (RQF)
- Focus Awards Level 4 Certificate in Exercise for Managing Lower Back Pain (RQF)

## Useful websites and supporting materials

You will find useful websites and supporting materials here:

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

## Qualification Structure/Rules of Combination

To successfully achieve the Focus Awards Level 3 Extended Diploma for Personal Training Practitioners (RQF) learners must complete all mandatory units achieving a total of 68 credits.

Unit Title	Unit Ref	Level	GLH	Credits
<b>Mandatory units</b>				
Anatomy, Physiology and Kinesiology for Exercise and Health	K/617/8594	3	43	6
Applying Nutritional Principles to Personal Training	M/617/8595	3	40	6

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Planning Exercise Programmes Designed for Personal Training Clients	T/617/8596	3	47	7
Delivering Exercise Programmes for Personal Training Sessions	A/617/8597	3	58	9
Business Acumen and the use of Information Technology for a Personal Trainer	F/617/8598	3	35	5
Principles of Health and Wellbeing for Exercise, Fitness and Health	Y/617/8588	2	28	4
Know how to Support Clients Lifestyle Management and Enhance Client Motivation for Exercise and Physical Activity	R/617/8590	2	13	2
Principles of Professional Practice and Health and Safety in a Fitness Environment	Y/617/8591	2	16	2
Planning Professional Practice with Effective Consultations and Assessments for Gym-Based Exercise Sessions	D/617/8592	2	23	4
Instructing Professional Practice and Effective Exercise Supervision in Gym-Based Exercise Sessions	H/617/8593	2	37	6
Planning, Programming and Delivering Advanced Personal Training Sessions in a Range of Environments	J/616/8087	4	50	12

Nutrition for Sport and Exercise Performance	Y/617/4945	3	20	5
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### 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 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 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 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 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.