

Qualification Specification

Focus Awards Level 4 Certificate in Strength
and Conditioning (RQF)

603/2769/8



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Focus Awards Level 4 Certificate in Strength and Conditioning (RQF)

Qualification Details

QRN: 603/2769/8

Credit: 24

GLH: 130

TQT: 241

Qualification Purpose

The Focus Awards Level 4 Certificate in Strength and Conditioning (RQF) is aimed at learners who are already qualified at level 3 and are looking to progress into the specialised field of strength and conditioning.

The Focus Awards Level 4 Certificate in Strength and Conditioning (RQF) provides learners with the knowledge and understanding of how to improve athletic performance, through a systematic approach developing athletic qualities such as speed strength and power, as well as reducing sporting injuries.

Learner Entry Requirements

Learners should be competent in literacy and numeracy to help with elements of communication. This is at the discretion of the centre as they may decide to use diagnostic testing methods to ascertain how they can support learners.

Learners must have completed a Level 3 in Personal Training qualification.

Age Ranges

Learners should be 16 (minimum) to undertake this qualification.

Geographical Coverage

This qualification is available in England and Northern Ireland.

Reasonable Adjustments and Special Considerations

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

Assessment Methods

The Focus Awards Level 4 Certificate in Strength and 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;

- Observed work
- Witness statements
- Audio- visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

All evidence must be cross referenced to unit outcomes, simulation is not allowed in all units.

Progression Routes

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

- Higher education (e.g. college or university) to study strength and conditioning at a higher level.
- A range of specialist strength and conditioning qualifications.
- Focus Awards Level 4 Certificate in Physical Activity and Weight Management for obese and diabetic clients (RQF)

Focus Awards Level 4 Certificate in Physical Activity and Lifestyle Strategies for Managing Low Back Pain (RQF)

Useful websites and supporting materials

- www.focusawards.org.uk
- www.ofqual.gov.uk
- www.skillsactive.org.uk

National Occupational Standards

There are direct links to the NOS in Instructing Exercise and Fitness and Instructing Physical Activity and Exercise:

- SKAE F27 - Plan, prepare, deliver and review a strength and conditioning

Qualification Structure/Rules of Combination

Learners must complete the **3 mandatory** units achieving a total of **24 credits**.

Unit Title	Unit Ref	Level	GLH	Credit
Mandatory Units				
Biomechanical, physiological and psychological factors affecting strength and conditioning for sports performance	T/616/7825	4	30	4
Programming strength and conditioning activities for sports performance	A/616/7826	4	50	10
Delivering strength and conditioning for sports performance	F/616/7827	4	50	10

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.