



Focus Awards Level 3 Certificate in Coaching Strength and Power (RQF)

603/7365/9

Contents

Qualification Summary	3
Qualification Purpose:	4
Age Range.....	4
Geographical Coverage	4
Learner Entry Requirements:	4
Reasonable Adjustments and Special Considerations	4
Assessment Methods	5
Progression Routes.....	5
Supporting Material and Useful Websites.....	5
Staff Requirements	7
Requirements for Tutors/Instructors	7
Requirements for Assessors	7
Requirements for Internal Quality Assurers (IQA)	7

Qualification Summary

Level	Sector	Qualification Type
3	Sport, Leisure and Recreation	Vocationally-Related Qualification
Total Qualification Time	Credit Value	Guided Learning Hours
120	12	60
Status	Methods of Assessment	Minimum Age
Available to Learners	Portfolio of Evidence	17



Focus Awards Level 3 Certificate in Coaching Strength and Power (RQF)

QRN: 603/7365/9

GLH: 60

TQT: 120

Credit: 12

Qualification Purpose:

The aim of the Focus Awards Level 3 Certificate in Coaching Strength and Power (RQF) is to provide learners with the key knowledge and skills required to plan, coach, and monitor Strength and Power activities.

Age Range

Entry is at the discretion of the centre. However, learners should be aged 17 to undertake this qualification.

Geographical Coverage

This qualification is available in England.

Learner Entry Requirements:

Focus Awards does not set any other entry requirements, but additional criteria may be requested or specified by the centre.

Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations Policy'. A copy is available for download from the Focus Awards website at the following url: <https://www.focusawards.org.uk/wp-content/uploads/2016/08/Reasonable-Adjustments.pdf>

Assessment Methods

This qualification is Internally Assessed. Each learner must create a portfolio of evidence that demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include some or all of the following:

- 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 seeking progress from this qualification can advance their skills further through the following:

- Focus Award Level 3 Diploma in Coaching Weightlifting (RQF)
- Focus Award Level 3 Certificate in Personal Training (RQF)
- Focus Award Level 4 Certificate in Strength and Conditioning (RQF)

Supporting Material and Useful Websites

- <https://focusawards.org.uk/supportingmaterials>
- <https://ofqual.gov.uk>

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Roles and responsibilities of a Strength and Power Coach	F/618/6667	3	3	12
Active Coaching of Strength and Power	J/618/6668	3	3	16
Underpinning knowledge for a Strength and Power Coach	L/618/6669	3	3	16
Technical Model and Tactical Coaching for Strength and power	F/618/6670	3	3	16

Staff Requirements

Requirements for Tutors/Instructors

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 includes qualifications such as:

- Level 3 Award in Assessing Competence in the Work Environment
- Level 3 Award in Assessing Vocationally-Related Achievement
- Level 3 Certificate in Assessing Vocational Achievement

Focus Awards will however; consider other relevant assessing qualifications upon submission.

Assessors who only hold the Level 3 Award in Understanding the Principles and Processes of Assessment will be required to complete an additional programme of study to achieve the relevant competency units required for one of the qualifications listed above.

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.