



Focus Awards Level 2 Award in
Instructing Weight Training (RQF)

603/3942/1

Silicon House, Farfield Park, Manvers, Rotherham S63 5DB



Qualification Summary

Key Information

Level

2

Sector

Sport, leisure and recreation

Qualification Type

Occupational Qualification

Total Qualification Time

32

Credit Value

3

Guided Learning Hours

16

Status

Available to Learners

Methods of Assessment

Portfolio of Evidence

Minimum Age

18



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QRN: 603/3942/1

GLH: 16

TQT: 32

Credit: 3

Qualification Purpose:

The aim of the Focus Awards Level 2 Award in Instructing Weight Training (RQF) is to provide learners with the understanding of the role and responsibility of an Instructor in Weight Training, to identify the key aspects of the role and responsibilities related to rules, regulations, duty of care, and safe instructing practice, and to be able to prepare, deliver, and evaluate Weight Training sessions for individuals and groups. This qualification is aimed at those that wishing to gain experience in instructing weight training.

Age Ranges

Learners should be a minimum of 16 years old to undertake this qualification.

Geographical Coverage

This qualification is available in England and Northern Ireland.

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.

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 Awards Level 3 Certificate in Instructing Weight Training (RQF)
- Focus Awards Level 2 Certificate in Coaching Weight Training (RQF)
- Focus Awards Level 1 Award in Coaching Weight Lifting (RQF)

Supporting Material and Useful Websites

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



Qualification Structure

To successfully achieve this qualification, learners must complete the mandatory unit totalling 2 credits

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Weight Training Instructing	F/617/4020	2	16	3

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.

