



FOCUS AWARDS 

Focus Awards Level 3 Certificate in
Instructing Weight Training (RQF)

603/3952/4

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

Qualification Summary

Key Information

Level

3

Sector

Sport, leisure and recreation

Qualification Type

Occupational Qualification

Total Qualification Time

130

Credit Value

13

Guided Learning Hours

64

Status

Available to Learners

Methods of Assessment

Portfolio of Evidence

Minimum Age

17



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Focus Awards Level 3 Certificate in Instructing Weight Training (RQF)

QRN: 603/3952/4

GLH: 64

TQT: 130

Credit: 13

Qualification Purpose:

The aim of this qualification is to understand the role and responsibility of an instructor in Weight Training, to be able to prepare, deliver, and evaluate Weight Training sessions for individuals and groups, and to be able to deliver correct technical guidance on key Weight Training exercises and correct faults. The Level 3 Certificate in Instructing Weight Training is for Instructors/Personal Trainers who have some experience of delivering independent sessions to groups or individuals. The qualification enables instructors to independently create, deliver, and reflect on a year-long programme whilst monitoring and adapting sessions/plans as required. Parts of the course are made up of practical activities allowing instructors the opportunity to experience delivering and participating within instructing sessions.

Age Ranges

Learners should be a minimum of 17 years old to undertake this qualification.

Geographical Coverage

This qualification is available in England and Northern Ireland.

Learner Entry Requirements

Learners are required to have completed one of the following qualifications:

- Level 2 Award in Instructing Weight Lifting
- Level 3 Personal Trainer Qualification or equivalent as recognised by BWL

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

- Focus Awards Level 2 Award in Instructing Weight Training (RQF)
- Focus Awards Level 3 Certificate in Instructing Weight Training (RQF)
- Focus Awards Level 4 Certificate in Strength and Conditioning (RQF)

Supporting Material and Useful Websites

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



Qualification Structure

To complete this qualification, learners must complete the mandatory unit and one optional unit totalling 13 credits.

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Understanding roles and responsibilities of a weight training instructor	Y/617/4038	3	2	2
Delivering roles and responsibilities of a weight training instructor	D/617/4039	3	3	10
Weight training instructor in action	R/617/4040	3	5	20

Optional Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Instructing weight training in a prison environment	Y/617/4041	3	3	32
Instructing weight training in a fitness environment	D/617/4042	3	3	32

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.

