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FOCUS AWARDS 

Focus Awards Level 4 Certificate in
Delivering Physical Activity for Individuals
with Mental Health Conditions (RQF)

603/2929/4

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

Qualification Summary

Key Information

Level

4

Sector

Sport, leisure and recreation

Qualification Type

Occupational Qualification

Total Qualification Time

160

Credit Value

16

Guided Learning Hours

55

Status

Available to Learners

Methods of Assessment

Portfolio of Evidence

Minimum Age

16



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Focus Awards Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions (RQF)

QRN: 603/2929/4

GLH: 55

TQT: 160

Credit: 16

Qualification Purpose:

The Focus Awards Level 4 Certificate in Delivering Physical Activity of Individuals with Mental Health Conditions (RQF) provides learners with the skills and knowledge to work with patients and mental health professional in the design, delivery and evaluation of safe and effective physical activity programmes.

The Focus Awards Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions (RQF) is aimed at level 3 qualified personal trainers that have industry experience. .

Age Ranges

Entry is at the discretion of the centre; however, learners should be a minimum of 16 years old to undertake this qualification. Please note that those under 18 years old may need to be supervised in the workplace, once they have achieved the qualification.

Geographical Coverage

This qualification is available in England and Northern Ireland

Learner Entry Requirements

A Level 3 exercise qualification, and 150 hours of relevant professional practice of designing, delivering, monitoring, and adapting exercise programmes is to be evidenced with a reference letter.

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 4 Certificate In Exercise For Managing Lower Back Pain (RQF)
- Focus Awards Level 4 Certificate In Exercise For Managing Lower Back Pain (RQF)
- Focus Awards Level 4 Certificate In Developing Physical Activity And Weight Management Strategies For Diabetic Clients (RQF)

Supporting Material and Useful Websites

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



Qualification Structure

To be awarded the Focus Awards Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions (RQF) learners must complete all 3 mandatory units

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Researching the mental health landscape	J/616/8641	4	4	15
Programming physical activity for Individuals with mental health conditions	L/616/8642	4	6	20
Delivering physical activity programmes to individuals with mental health conditions	R/616/8643	4	6	21

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.

