



FOCUS AWARDS 

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

603/2769/8

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

241

Credit Value

24

Guided Learning Hours

130

Status

Available to Learners

Methods of Assessment

Portfolio of Evidence

Minimum Age

18



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QRN: 603/2769/8

GLH: 130

TQT: 241

Credit:: 24

Qualification Purpose:

The Focus Awards Level 4 Certificate in Strength and Conditioning (RQF) is aimed at learners who are 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.

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

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 Developing Physical Activity and Weight Management Strategies for Obese Clients (RQF)
- Focus Awards Level 4 Certificate in Developing Physical Activity and Weight Management Strategies for Diabetic Clients (RQF)
- Focus Awards Level 4 Certificate in Exercise for Managing Lower Back Pain (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 Strength and Conditioning (RQF) learners must complete the 3 mandatory units achieving a total of 24 credits.

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
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

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.

