



Focus Awards Level 2 Certificate in
Coaching Strength and Conditioning
for Sport (RQF)

603/3451/4

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

Qualification Summary

Key Information

Level

2

Sector

Sports, Leisure and Recreation

Qualification Type

Occupational Qualification

Total Qualification Time

160

Credit Value

16

Guided Learning Hours

121

Status

Available to Learners

Methods of Assessment

Portfolio of Evidence

Minimum Age

16



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QRN: 603/3451/4

GLH: 121

TQT: 160

Credit: 16

Qualification Purpose:

The Focus Awards Level 2 Certificate in Coaching Strength and Conditioning for Sport (RQF) is aimed at learners looking at working within the strength and conditioning sector.

The qualification will provide learners with the knowledge and understanding required to plan, design and instruct effective sports conditioning session.

Age Ranges

Entry is at the discretion of the centre. However, learners should be aged 16 to undertake this qualification.

Geographical Coverage

This qualification is available in England.

Learner Entry Requirements

Learners must hold a recognised Level 3 personal trainer qualification or equivalent. 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 Awards Level 3 Award in Instructing Sports Specific Conditioning Strength and Conditioning

Supporting Material and Useful Websites

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



Qualification Structure

To successfully achieve the Focus Awards Level 2 Certificate in Coaching Strength and Conditioning for Sport (RQF) learners must complete all eight mandatory units totalling 16 credits.

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Understand the Fundamentals of Coaching Sport	J/601/2101	2	3	22
Understand how to Develop Participants Through Coaching Sport	Y/601/2104	2	2	12
Supporting participants lifestyle through coaching sport	H/601/2106	2	2	16
Understanding the principles of safe and equitable coaching practice	M/601/2108	2	2	13
Plan a short series of linked strength and conditioning for sport coaching sessions	A/617/1343	2	2	14
Prepare the Strength and Conditioning environment for Sport Coaching Sessions	F/617/1344	2	2	15
Deliver a series of strength and conditioning coaching sessions for sport	J/617/1345	2	2	18
Monitor and evaluate a series of strength and conditioning sport coaching sessions	L/617/1346	2	1	11

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.

