



FOCUS AWARDS 

Focus Awards Level 4 Certificate for
Advanced Personal Trainers (RQF)

603/4656/5

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

Qualification Summary

Key Information

Level	Sector	Qualification Type
4	Sport, Leisure and Recreation	Occupational Qualification
Total Qualification Time	Credit Value	Guided Learning Hours
362	36	160
Status	Methods of Assessment	Minimum Age
Available to Learners	Portfolio of Evidence	16



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Focus Awards Level 4 Certificate for Advanced Personal Trainers (RQF)

QRN: 603/4656/5

GLH: 160

TQT: 362

Credit: 36

Qualification Purpose:

The Focus Awards Level 4 Certificate for Advanced Personal Trainers (RQF) is aimed at personal trainers who have had experience in the field and are looking to further develop their fitness knowledge and advance their personal training skills.

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 and Northern Ireland.

Learner Entry Requirements

A learner must have previously completed a level 3 qualification in personal training, and can provide evidence of industry experience (minimum 6 months).

This qualification is not suitable for individuals who have just completed the level 3 qualification.

Learners must be able to apply knowledge from industry experience and will be required to work in predictable and unpredictable situations using past knowledge to support.

Other than those mentioned Focus Awards do not set any other entry requirements for the qualification however other requirements may be required 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 4 Certificate in Strength and Conditioning (RQF)
- Focus Awards Level 3 Award in Nutrition for Physical Activity (RQF)
- Focus Awards Level 4 Certificate in Managing Lower Back Pain through Exercise (RQF)
- Focus Awards Level 4 Certificate in Weight Management through Exercise to Support Obese Clients (RQF)

Supporting Material and Useful Websites

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



Qualification Structure

To successfully achieve the Level 4 Certificate for Advanced Personal Trainers (RQF) learners must complete the four mandatory units below achieving a total of 36 credits.

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Business Skills for the Personal Training and Fitness Industry	T/617/6315	4	10	50
Using Technology and Communication to Support and Enhance Performance	M/617/6314	4	7	30
Planning, Programming and Delivering Advanced Personal Training Sessions in a Range of Environments	D/617/6308	4	12	50
Understand the Effects and Ethical Use of Supplements and Performance Enhancing Drugs	R/616/8089	4	7	30

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.

