



Level 2 Award in
**Teaching Olympic Weightlifting in
Schools (RQF)**

603/5086/6

Key Information

Level: 2

Sector: Sports, Leisure, and Recreation

Qualification type: Occupational Qualification

Total Qualification time: 20

Credit Value: 2

Guided Learning Hours: 14

Status: Available to learners

Methods of Assessment: Portfolio of evidence

Minimum age: 18

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Focus Award Level 2 Award in Teaching Olympic Weightlifting in Schools (RQF)

QRN: 603/5086/6

GLH: 14

TQT: 20

Credit: 2

Qualification Purpose:

The Purpose of the qualification Focus Awards Level 2 Award in Teaching Olympic Weightlifting in Schools (RQF) is to outline the benefits of Olympic Weightlifting for young people, how to use the BWL Teaching Method to teach young people how to perform the Snatch and Clean & Jerk, how to structure and deliver a basic Weightlifting session to a group and how Weightlifting training can be modified for young people.

Age Ranges:

Entry is at the discretion of the centre. However, learners should be aged 18 to undertake this qualification.

Geographical Coverage:

This qualification is available in England.

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.

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 3 Certificate in Instructing Weight Training (RQF)
- Focus Awards Level 2 Certificate in Coaching Weight Lifting (RQF)

Supporting Material and Useful Websites:

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

Qualification Structure:

To achieve the Focus Awards Level 2 Award in Teaching Olympic Weightlifting in Schools (RQF), learners must achieve 2 credits from the mandatory section.

Mandatory Units:

Unit Title	Unit reference	Level	Credit	Guided Learning Hours
Teaching weightlifting in schools	D/617/7720	2	2	14

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.