

## Qualification Specification

### Focus Awards Level 3 Diploma Master Personal Training (RQF)

603/7655/7



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

## **Focus Awards Level 3 Diploma Master Personal Training (RQF)**

### **Qualification Details**

QAN: 603/7655/7

GLH: 692

Credit: 100

TQT: 1000

### **Qualification Overview**

The Focus Awards Level 3 Diploma Master Personal Training (RQF) qualification combines the knowledge and skills required to work as an advanced Personal Trainer. Learners will cover the basics of anatomy, planning personal training sessions, circuit sessions, strength and conditioning, outdoor fitness, exercise referral, and life coaching.

Learners can also choose to complete additional units in studio cycling or advanced stretching.

### **Qualification Structure / Rules of Combination**

To achieve the Focus Awards Level 3 Diploma Master Personal Training (RQF) qualification, learners must complete 23 units to achieve 100 credits. A further 3 – 4 credits may be obtained through completion of either Optional Group A or Optional Group B.

<b>Unit Title</b>	<b>Unit Ref</b>	<b>Level</b>	<b>GLH</b>	<b>Credits</b>
<b>Mandatory units</b>				
Anatomy Physiology and Kinesiology for Exercise and Health	K/617/8594	3	43	6
Applying Nutritional Principles to Personal Training	M/617/8595	3	40	6
Planning Exercise Programme Design for Personal Training Clients	T/617/8596	3	47	7
Delivering Exercise Programmes for Personal Training Sessions	A/617/8597	3	58	9
Business Acumen and the Use of Information Technology for a Personal Trainer	F/617/8598	3	35	5
Planning Circuit Sessions	J/617/6271	2	24	2
Delivering Circuit Sessions	Y/617/6274	2	36	2
Planning Outdoor Fitness	J/618/7688	3	11	1

### **Focus Awards Level 3 Diploma Master Personal Training (RQF)**

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

Delivering Outdoor Fitness	L/618/7689	3	11	2
Collecting information for Sports Conditioning Programming	F/618/7690	3	8	1
Analysing Sporting Activities for Sports Conditioning	J/618/7691	3	8	1
Planning Sports Conditioning Events and Activities	L/618/7692	3	8	1
Planning Exercise Referral Programmes with Patients	D/503/7494	3	52	8
Understanding Medical Conditions for Exercise Referral	R/503/7492	4	35	7
Professional Practice for Exercise Referral Instructors	Y/503/7493	3	14	2
Instructing Exercise with Referred Patients	L/503/7491	3	58	9
Planning Exercise to Support Obese Clients	M/617/6300	4	22	3
Delivering Exercise to Support Obese Clients	T/617/6301	4	22	4
Behavioural Strategies for Managing Obesity	A/617/6302	4	33	5
Classification of Obesity	F/617/6303	4	21	4
Planning Exercise to Support Diabetic Clients	J/617/8599	4	22	3
Delivering Exercise to Support Diabetic Clients	M/617/8600	4	22	4
Understanding Diabetes in relation to exercise	T/617/8601	4	22	3
Fundamentals of Life Coaching	R/618/7693	3	15	1
Delivering a Life Coaching Programme	Y/618/7694	3	14	2
Utilising Communication Skills for Life Coaching	D/618/7695	3	11	2
<b>Optional</b>				
<b>Group A</b>				
Learners must complete 2 units, achieving 4 credits				
Planning Studio Cycling Sessions	R/615/9716	2	8	2
Instructing Studio Cycling Sessions	M/615/9724	2	10	2
<b>Group B</b>				
Learners must complete 3 units, achieving 3 credits				
Introduction to Advanced Stretching	H/618/7696	2	8	1

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

Advanced Stretching Techniques and Progressions	K/618/7697	2	9	1
Programming and Instructing Advanced Stretching	M/618/7698	2	9	1

### Learner Entry Requirements

There are no specific entry requirements for this qualification.

### Age Ranges

Entry is at the discretion of the centre; however, learners should be at least 16 to undertake this qualification.

### Geographical Coverage

This qualification has been accredited for use in England and Northern Ireland.

### Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards Reasonable Adjustments and Special Consideration Policy: <https://www.focusawards.org.uk/wp-content/uploads/2019/07/Reasonable-Adjustments.pdf>

## Assessment Methods

Each learner is required to create a portfolio of evidence which demonstrates achievement of all the learning outcomes and the assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include:

- Assessor observation – completed observational checklists on related action plans
- Witness testimony
- Learner product
- Worksheets
- Assignments / projects / reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

## Grading

This qualification is graded on a pass or fail basis. Learners must achieve the number of credits stated within the qualification structure.

## Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

- Level 4 Certificate in Nutrition for Weight Management and Athletic Performance
- Level 4 Certificate for Advanced Personal Trainers
- Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions
- Other relevant higher level qualifications

## Useful Websites and Supporting Materials

You will find useful websites and supporting materials here:

- [www.focusawards.org.uk](http://www.focusawards.org.uk)
- [Ofqual.gov.uk](http://Ofqual.gov.uk)
- [www.focusawards.org.uk/supportingmaterials](http://www.focusawards.org.uk/supportingmaterials)

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

## Staff Requirements

### Requirements for Tutors

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 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 may include qualifications such as the Level 3 Certificate in Assessing Vocational Achievement, or the Level 3 Award in Assessing Competence in the Work Environment. Focus Awards will consider other relevant assessing qualifications upon submission. 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 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 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.