



Level 3 Diploma in
Delivering Pilates Sessions (RQF)

603/4660/7

Key Information

Level: 3

Sector: Sports, Leisure and Recreation

Qualification type: Occupational Qualification

Total Qualification time: 370

Credit Value: 37

Guided Learning Hours: 205

Status: Available to learners

Methods of Assessment: Portfolio of evidence

Minimum age: 16

Focus Awards Level 3 Diploma in Delivering Pilates Sessions (RQF)

QRN: 603/4660/7

GLH: 205

TQT: 370

Credit: 37

Qualification Purpose:

The Focus Awards Level 3 Diploma in Delivering Pilates Sessions (RQF) provides learners with the extended knowledge, understanding and skills to be able to competently deliver Pilates sessions. This qualification will allow the learner to prepare, instruct, demonstrate, and evaluate a Pilates 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:

It is recommended that learners have a pre-requisite knowledge at level 2 however, this is not mandatory.

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 3 Diploma in Exercise Referral (RQF)
- Focus Awards Level 3 Diploma Specialist in Personal Training (RQF)
- Focus Awards Level 3 Diploma Master Personal Training (RQF)
- Focus Awards Level 3 Certificate in Coaching Strength and Power (RQF)

Supporting Material and Useful Websites:

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

Qualification Structure:

To successfully achieve the Focus Awards Level 3 Diploma in Delivering Pilates Sessions (RQF) learners must complete all the mandatory units totalling 37 credits.

Mandatory Units:

Unit Title	Unit reference	Level	Credit	Guided Learning Hours
Anatomy and Physiology for Exercise and Health	A/600/9051	3	6	43
Health and Safety and Welfare in a Fitness Environment	T/600/9016	2	2	16
Principles of Exercise, Fitness and Health	A/600/9017	2	4	28
Know how to support clients who take part in exercise and physical activity	M/600/9015	2	2	13
Programming Pilates sessions	R/617/6256	3	10	82
Delivering Pilates sessions	Y/617/6257	3	13	58

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.