



Focus Awards Level 4
Diploma for British Weight Lifting Coaching
Strength and Conditioning

610/1416/3

Key Information

Level:	4
Sector:	Sport, Leisure and Recreation
Qualification Type:	Occupational Qualification
Total Qualification Time:	440
Credit Value:	44
Guided Learning Hours:	355
Status:	Available to Learners
Methods of Assessment:	Portfolio of Evidence, Practical Demonstration
Minimum Age:	18

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Focus Awards Level 4 Diploma for British Weight Lifting Coaching Strength and Conditioning (RQF)

QRN: 610/1416/3

GLH: 355

TQT: 440

Credit: 44

Qualification Purpose

The Focus Awards Level 4 Diploma for British Weight Lifting Coaching Strength and Conditioning (RQF) aims to provide learners with the knowledge, skills, and competence required to work unsupervised as a strength and conditioning coach. Upon completion of the qualification, learners will be able to offer one-to-one training and group training, baseline assessment/profiling, technical advice, and progressive programming which is specific to the individual needs of an athlete.

Age Ranges

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

Geographical Coverage

This qualification is available in England.

Learner Entry Requirements

Learners must have the necessary underpinning knowledge at Level 3 and therefore must have an industry-recognised qualification in Advanced Gym Instructing and/or Personal Training.

Alternatively, learners may have completed the Focus Awards Level 3 Certificate in Coaching Strength and Power (RQF).

This qualification requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.

There is an element of communication (discussing, presenting, reading, and writing), and application of number involved, and learners should have basic skills in communication and application of number at Levels 2 and 3 respectively.

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://focusawards.org.uk/wp-content/uploads/2026/04/Reasonable-Adjustments-and-Special-Considerations-Policy-D23-1.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 Diploma in Coaching Weightlifting (RQF)
- Any other Level 3 qualification in the Health and Fitness Industry
- Focus Awards Level 4 Certificate in Exercise for Managing Lower Back Pain (RQF)
- Focus Awards Level 4 Certificate in Developing Physical Activity and Weight Management Strategies for Diabetic Clients (RQF)
- Focus Awards Level 4 Certificate in Developing Physical Activity and Weight Management Strategies for Obese Clients (RQF)

Supporting Material and Useful Websites

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

Qualification Structure

To successfully achieve the Focus Awards Level 4 Diploma for British Weight Lifting Strength and Conditioning (RQF), learners must complete 7 mandatory units

Mandatory Units

Unit Title	Unit Reference	Level	Credit	GLH
The Graduate Strength and Conditioning Coach within an Organisation and Sector	K/650/3981	4	10	80
Professional Strength and Conditioning Practice	Y/650/3986	4	4	30
Working within a Multidisciplinary Team	D/650/3997	4	5	40
Plan, Prepare, Deliver, Continuously Evaluate, Review and Adapt Strength and Conditioning Programmes	H/650/4310	4	12	90
Maximise the Athlete Experience	J/650/4311	4	5	45
Welfare of Participants and Providing a Safe and Inclusive Strength and Conditioning Coaching Environment	K/650/4312	4	5	45
Industry Legislation and Guidance, Organizational Policies and Procedures	L/650/4313	4	3	25

Vocabulary of Terms

This table explains how the terms used in Focus Awards' qualification specification content are applied. Not all terms are necessarily used in this qualification.

Apply	Explain how existing knowledge can be used in new or different situations.
Analyse	Break the subject down into individual parts. Examine each, show how they fit together, whether they support each other and why they're important. Reference to current research or theory may add weight to your analysis.
Clarify	Clearly and concisely explain the information presented.
Classify	Organise in alignment with specified criteria.
Collate	Gather and organise information in a logical order (e.g., alphabetically, numerically, chronologically etc.).
Compare	Examine the subjects in detail to identify differences and similarities.
Critically compare	Similar to 'compare' above but consider any positive aspects and/or limitations/restrictions arising from identified differences and similarities.
Consider	Think critically about a presented situation, problem, action or decision, and explain it. Also see 'explain' below.
Demonstrate	Describe or explain knowledge or understanding by providing examples or illustrations.
Describe	Write about the subject, presenting detailed information logically.
Develop	Expand a plan or idea by adding more detail and/or depth of information.
Diagnose	Collate and consider appropriate evidence to identify the cause or origin of a situation or problem.
Differentiate	Identify the differences between 2 or more arguments, situations or subjects.
Discuss	Create a detailed account from a range of viewpoints, opinions or perspectives.
Distinguish	Explain the difference between 2 or more items, resources, pieces of information.
Draw conclusions	Derive a reason or logic-based decision or judgement.
Estimate	Use existing knowledge, experience and other relevant information to arrive at an approximate or 'best guess' opinion or judgement.

Evaluate	Examine strengths and weaknesses, consider arguments for and against, and/or similarities and differences. Assess any presented evidence from different perspectives and arrive at a valid conclusion or reasoned judgement. Reference to current research or theory may support the evaluation.
Explain	Present detailed information about the subject with reasons showing how or why it's included. Include examples to support these reasons where possible.
Extrapolate	Use existing knowledge and data to predict possible outcomes or results that might be outside the expected 'norm'.
Identify	Recognise and name the main points accurately. Additional description or explanation may be needed to aid clarity and attribute credibility.
Implement	Explain how to put an idea or plan into action.
Interpret	Explain the meaning of something.
Judge	Form an opinion or make a decision.
Justify	Provide a satisfactory explanation for actions or decisions.
Perform	Carry out a task or process to meet the requirements of the question.
Plan	Create and record (list) a logical, organised sequence of information, required resources and actions/events that enable a concept or idea to be crystalised and communicated.
Provide	Identify and deliver detailed and accurate information related to the subject.
Reflect	Consider actions, experiences or learning and how these may impact practice and/or professional development.
Review and revise	Look back over the subject and make corrections or changes to improve clarity or better demonstrate understanding.
Select	Make an informed choice for a specific purpose or required outcome/result.
Show	Supply evidence to demonstrate accurate knowledge and understanding.
State	Provide the main points clearly in sentences or paragraphs.
Summarise	Convey the main ideas or facts concisely.

Assessor Feedback

Student Name:	
Student Number:	
Course:	
Unit(s):	
Criteria:	
Date:	
Comments:	
Decision:	
Further Actions:	
Assessor:	
Position:	

IQA Report

[illegible]