

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 3 Diploma in Exercise Referral
Qualification level	3
Qualification accreditation number	600/5105/X
Qualification type	Vocationally Related Qualification

Qualification overview

This qualification is designed to provide learners with the knowledge and skills to ensure safe and effective exercise programming for patients with a number of medical conditions and common reasons for referral onto a community-based exercise referral scheme.

Who could do this qualification?

Learners must hold either a Level 2 Certificate in Fitness Instructing (Gym/Exercise to Music or Aqua) or equivalent, or one of the following:

- Level 3 Certificate in Personal Training.
- Level 3 Diploma in Instructing Pilates Matwork.
- Level 3 Diploma in Teaching Yoga.

The qualification has been designed for:

- Individuals who wish to work and/or seek employment as fitness instructors who wish to design and implement programmes of exercise for referred patients.
- Individuals considering a career in health and wellbeing in relation to physical activity for medically referred patients.
- Individuals already working in the active leisure sector wishing to enhance their career progression opportunities.

What does the qualification cover?

During the qualification learners will cover the following:

- Anatomy and physiology for exercise and health.
- Professional practice.
- Medical conditions for exercise referral.
- Nutrition.
- How to plan exercise referral programmes.
- How to instruct exercise with referred patients.

Qualification structure

To achieve the qualification learners must complete the six mandatory units (38 credits).

Unit	Unit accreditation number	Level	Credits
1. Anatomy and physiology for exercise and health	A/600/9051	3	6
2. Professional practice for exercise referral instructors	Y/503/7493	3	7
3. Understanding medical conditions for exercise referral	R/503/7492	4	7
4. Applying the principles of nutrition and physical activity	L/600/9054	3	6
5. Planning exercise referral programmes with patients	D/503/7494	3	8
6. Instructing exercise with referred patients	L/503/7491	3	9

What could this qualification lead to?

Successful achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as a practitioner (exercise and fitness). Launched in 2011, CIMSPA is the professional development body for the UK's sport and physical activity sector. CIMSPA was awarded chartered status by the Privy Council, which came into effect at the beginning of January 2012. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector.

To read more about CIMSPA, please visit <https://www.cimspa.co.uk>

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential.

Learners will be able to progress to the following job role:

- Exercise referral instructor.

Will the qualification support progression to further learning, and, if so, what?

The qualification is designed to offer entry to employment; however, learners can also progress onto the following qualifications:

- Active IQ Level 4 Certificate in Physical Activity and Lifestyle Strategies for Managing Low Back Pain.
- Active IQ Level 4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients.

Is this qualification available as an apprenticeship?

This qualification is not available in an apprenticeship framework.

Is this qualification eligible for an Advanced Learner Loan?

Yes, this qualification is available within the Advanced Learner Loan catalogue, information on which can be found by following the link below:

<https://www.gov.uk/government/publications/advanced-learner-loans-qualifications-catalogue>

Similar qualifications

There are no similar qualifications at this level.

Who supports the qualification?

Support for the qualification has been provided by the following professional body:

- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

To read more about CIMSPA, please visit <http://www.cimspa.co.uk/>