

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients
Qualification level	4
Qualification accreditation number	601/4932/2
Qualification type	Vocationally Related Qualification

Qualification overview

The Active IQ Level 4 Certificate in Physical Activity and Weight Management for Obese and Diabetic Clients is designed for learners already working within the health, fitness and wellbeing industry and will equip learners to prepare for employment in a specific occupational area. This qualification is designed to provide learners with the knowledge to ensure safe and effective exercise programming for obese and diabetic clients within an exercise referral scheme or on a self-referred basis.

Who could do this qualification?

Learners must be 16+ years old and hold a Level 3 Diploma in Exercise Referral or equivalent.

The qualification has been designed for:

- Individuals who wish to work and/or seek employment as specialist exercise instructors to design and implement programmes of exercise for referred patients with obesity, metabolic syndrome and diabetes.
- 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:

- The prevalence and classification of obesity and diabetes.
- How to determine obesity-related health risk.
- The contributing factors that lead to the development of obesity and diabetes.
- How to apply appropriate training approaches to plan and design physical activity and exercise programmes for clients with obesity and/or diabetes.
- How medications, psychological/sociological factors and co-morbidities affect an obese and/or diabetic client's ability to exercise safely and effectively.
- How to support clients to adopt healthier eating behaviours as part of a programme to manage obesity and/or diabetes.

Qualification structure

To achieve the qualification learners must complete the three mandatory units (16 credits).

Unit		Unit accreditation number	Level	Credits
1.	Prevalence and classification of obesity, metabolic syndrome and diabetes	T/506/8007	4	4
2.	Development and pathophysiology of obesity and diabetes	M/506/8006	4	5
3.	Planning and delivering physical activity and nutrition strategies for obesity and diabetes management	K/506/8005	4	7

What could this qualification lead to?

Successful achievement of this qualification will enable learners to gain employment as a fully qualified specialist exercise instructor (in the context of physical activity and weight management for obese and diabetic clients) within an exercise referral scheme operated by public leisure providers and private companies working conjointly with participating General Practitioners and/or work as a fully qualified specialist exercise instructor (in the context of physical activity and weight management for obese and diabetic clients) in health and wellbeing facilities.

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

The qualification can also support progression to Higher Education Institutions for access to degree studies related to Public Health, Exercise sciences, Nutrition and Dietetics. Learners may also progress onto other Level 4 Special Populations qualifications such as the:

- Level 4 Certificate in Physical Activity and Lifestyle Strategies for Managing Low Back Pain.
- British Association for Cardiovascular Prevention and Rehabilitation (BACPR) Specialist Exercise Instructor Level 4 Cardiac Qualification.
- Level 4 Certificate in Cancer Rehabilitation.
- Level 4 Award in Long Term Neurological Conditions.

Is this qualification available as an apprenticeship?

No, 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:

- ukactive

To read more about ukactive please visit <http://www.ukactive.com/>