

Statement of Declared Purpose

Training Provider	FitAsylum
Awarding organisation name	Active IQ
Name of regulated qualification	Active IQ Level 3 Diploma in Exercise Referral (QCF)
Qualification level	Level 3
Qualification accreditation number	600/5105/X
Qualification type	Qualifications and Credit Framework (QCF)

Qualification Overview

The Active IQ Level 3 Diploma in Exercise Referral (QCF) 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 patients with a number of medical conditions and common reasons for referral onto a community-based exercise referral scheme. The qualification will provide entry onto the Register of Exercise Professionals (REPs) at Level 3. To read more about the REPs please visit: <http://www.exerciseregister.org/about-reps/about-reps>

To achieve the qualification learners must complete all 6 of the following mandatory units (38 credits):

- Anatomy and Physiology for Exercise and Health (Level 3, 6 credits)
- Professional Practice for Exercise Referral Instructors (Level 3, 2 credits)
- Understanding Medical Conditions for Exercise Referral (Level 4, 7 credits)
- Applying the principles of nutrition and physical activity (Level 3, 6 credits)
- Planning Exercise Referral Programmes with Patients (Level 3, 8 credits)
- Instructing Exercise with Referred Patients (Level 3, 9 credits)

Entry Requirements

Learners must hold either a Level 2 Certificate in Fitness Instructing (Gym/Exercise to Music or Aqua) or equivalent (including qualifications which give entry to the REPs Physical Activity Advisor category) 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 developed 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.

The qualification also provides progression to the Advanced Apprenticeship in Exercise and Fitness and to Level 4 Special Populations qualifications such as the:

- Active IQ Level 4 Certificate in Exercise for the Management of Lower Back Pain (QCF)
- Active IQ Level 4 Certificate in Exercise and Nutritional Interventions for Obesity and Diabetes (QCF)

Support for the qualification has been provided by the following Professional Body:

- ukactive

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