

Statement of Declared Purpose

Training Provider Name	FitAsylum
Awarding organisation name	Active IQ
Name of regulated qualification	Level 4 Certificate in Personal Training
Qualification level	Level 4
Qualification accreditation number	603/1539/8
Qualification type	Vocationally Related Qualification

Qualification overview

The Active IQ Level 4 Certificate in Personal Training will further develop learners who have existing knowledge and skills in personal training. This qualification will provide learners with the enhanced knowledge and skills to fully understand their clients, take an evidence-based approach to programming and develop a successful and sustainable personal training business.

Who could do this qualification?

Learners must be 16+ years old and hold a Level 3 Personal Training qualification.

While there are no other specific entry requirements, learners must be able to apply factual and theoretical knowledge, and use a range of cognitive and practical skills, to come up with specific solutions for personal training clients. This will require learners to work in predictable and unpredictable situations using knowledge, skills and competencies pitched at level 4 on the RQF.

The qualification has been designed for:

- Individuals working as personal trainers, looking to enhance their skills and business success.

What does the qualification cover?

During the qualification, learners will cover the following:

- Evaluation and use of credible research and information to inform personal training/coaching practice.
- Integration and application of technologies, and digital and social media, into personal training practice to support, enhance and manage the client journey.
- The application of behaviour change and communication techniques to support, enhance and manage the client journey.
- Assessment, performance analysis and evaluation to support, enhance and manage the client journey.
- Design and application of long-term periodisation, planning, coaching and evaluation to optimise client success.

Qualification structure

To achieve the qualification, learners must complete the 2 mandatory units.

Unit	Accreditation number	Level
1. Applied techniques to support, enhance and manage the client journey	Y/615/7305	4
2. Progressing clients towards successful achievement of goals	K/615/7308	4

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 start 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 help learners to increase and enhance their career opportunities, progression and earning potential.

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 Strength and Conditioning.
- Active IQ Level 3 Award in Nutrition for Sport and Exercise Performance.
- Active IQ Level 3 Award in Instructing Outdoor Fitness.
- Level 4 special populations-related qualifications.
- Other level 3 and 4 technical qualifications in related subjects.

Is this qualification available as an apprenticeship?

This qualification is not available in an apprenticeship framework.

Similar qualifications

Currently, there are no similar qualifications.

Who supports the qualification?

Support for the qualification has been provided by the following organisations:

- KX.

To read more about the KX please visit www.KXLIFE.co.uk.