

## **Sports, Leisure and Recreation**

**The below list represents the full range of qualifications offered within this sector.**

Focus Awards Level 3 NVQ Diploma in Leisure Management (RQF)  
Focus Awards Level 2 Award in First Aid for Sport (RQF)  
Focus Awards Level 2 Certificate In Fitness Instructing (Gym-Based Exercise) (RQF)  
Focus Awards Level 3 Award In Nutrition for Physical Activity (RQF)  
Focus Awards Level 2 NVQ Certificate in Active Leisure, Learning and Well-Being Operational Services (RQF)  
Focus Awards Level 2 NVQ Certificate in Activity Leadership (RQF)  
Focus Awards Level 2 NVQ Diploma in Instructing Exercise and Fitness (RQF)  
Focus Awards Level 3 NVQ Diploma in Personal Training (RQF)  
Focus Awards Level 3 Award in Employment Awareness in Active Leisure and Learning (RQF)  
Focus Awards Level 2 Award in Employment Awareness in Active Leisure and Learning (RQF)  
Focus Awards Level 3 Certificate in Leisure Management (RQF)  
Focus Awards Level 2 Certificate In Leisure Operations (RQF)  
Focus Awards Level 3 NVQ Diploma in Sports Development (RQF)  
Focus Awards Level 2 Certificate in Fitness Instructing (RQF)  
Focus Awards Level 2 NVQ Certificate in Spectator Safety (RQF)  
Focus Awards Level 2 Award in Understanding Stewarding at Spectator Events (RQF)  
Focus Awards Level 3 Certificate in Sports Development (RQF)  
Focus Awards Level 2 Award in the Principles of Coaching Sport (RQF)  
Focus Awards Level 2 Award in Employment Rights And Responsibilities (RQF)  
Focus Awards Level 3 Award in the Foundations of Yoga (RQF)  
Focus Awards Level 3 Diploma in Exercise Referral (RQF)  
Focus Awards Level 3 Certificate in Supporting the Delivery of Physical Education and School Sport (RQF)  
Focus Awards Level 3 NVQ Diploma in Supporting the Delivery of Physical Education and School Sport (RQF)  
Focus Awards Level 2 Certificate in Supporting Learning in Physical Education and Learning School Sport (RQF)  
Focus Awards Level 4 Diploma in Teaching Yoga (RQF)  
Focus Awards Level 2 Award in Instructing Studio Cycling (RQF)  
Focus Awards Level 4 Certificate in Strength and Conditioning (RQF)  
Focus Awards Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions (RQF)  
Focus Awards Level 3 Award in Instructing Sports Specific Conditioning (RQF)  
Focus Awards Level 2 Certificate in Coaching Strength and Conditioning for Sport (RQF)  
Focus Awards Level 2 Award in Front of Stage Pit Barrier Operations (RQF)  
Focus Awards Level 3 Certificate in Teaching Yoga to Children Aged 5-16 (RQF)  
Focus Awards Level 1 Award in Coaching Weight Lifting (RQF)  
Focus Awards Level 2 Award in Instructing Weight Training (RQF)

Focus Awards Level 2 Certificate in Coaching Weight Training (RQF)

Focus Awards Level 2 Certificate in Fitness Instructing (Exercise to Music) (RQF)

Focus Awards Level 2 Certificate in Fitness Instructing (Water-Based Exercise) (RQF)

Focus Awards Level 2 Certificate in Fitness Instructing (Exercise and Physical Activity for Children) (RQF)

Focus Awards Level 3 Award for British Weight Lifting Technical Officials (RQF)

Focus Awards Level 3 Certificate in Instructing Weight Training (RQF)

Focus Awards Level 3 Diploma in Sports Massage (RQF)

Focus Awards Level 2 Award in Delivering Circuit Sessions (RQF)

Focus Awards Level 2 Award in Delivering Suspension Training sessions (RQF)

Focus Awards Level 4 Certificate in Massage Therapy for Sports (RQF)

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 Obese Clients (RQF)

Focus Awards Level 2 Award in Instructing Kettlebell Exercises (RQF)

Focus Awards Level 4 Certificate for Advanced Personal Trainers (RQF)

Focus Awards Level 3 Diploma in Massage Therapy for Sports (RQF)

Focus Awards Level 3 Diploma in Delivering Pilates Sessions (RQF)

Focus Awards Level 3 Award in Developing Pre and Post-Natal Exercise Sessions (RQF)

Focus Awards Level 2 Certificate in Fitness Instructing (Freestyle Fitness Yoga) (RQF)

Focus Awards Level 4 Diploma in Massage Therapy for Sports (RQF)

Focus Awards Level 2 Award in Teaching Olympic Weightlifting in Schools (RQF)

Focus Awards Level 2 Certificate in Planning and Delivering Gym Based Exercise (RQF)

Focus Awards Level 3 Certificate in Planning and Delivering Personal Training (RQF)

Focus Awards Level 3 Diploma Practitioner in Personal Training (RQF)

Focus Awards Level 4 Certificate in Developing Physical Activity and Weight Management Strategies for Diabetic Clients (RQF)

Focus Awards Level 4 Diploma Master Practitioner in Personal Training (RQF)

Focus Awards Level 3 Award in Developing Exercise Sessions for Older Adults (RQF)

Focus Awards Level 5 Diploma in Massage Therapy for Sports (RQF)

Focus Awards Level 2 Award in Weight Lifting (RQF)

Focus Awards Level 2 Award for British Weight Lifting Technical Officials (RQF)

Focus Awards Level 4 Certificate in Nutrition for Weight Management and Athletic Performance (RQF)

Focus Awards Level 3 Award in Delivering Online Personal Training (RQF)

Focus Awards Level 2 Certificate in Group Training Sessions (RQF)

Focus Awards Level 2 Award in Delivering Padwork Sessions (RQF)

Focus Awards Level 2 Award in Coaching Strength Training (RQF)

Focus Awards Level 3 Diploma in Teaching Yoga Sessions (RQF)

Focus Awards Level 1 Award in Assistant Gym Instructor (RQF)

Focus Awards Level 3 Extended Diploma for Personal Training Practitioners (RQF)

Focus Awards Level 3 Certificate in Coaching Strength and Power (RQF)

Focus Awards Level 2 Certificate in Fitness Instructing (Fitness Pilates) (RQF)

Focus Awards Level 2 Award in Delivering Physical Activity and Sport to Children and Young People (RQF)

Focus Awards Level 3 Diploma Master in Gym Instructing and Personal Training (RQF)

Focus Awards Level 3 Diploma Master Personal Training (RQF)

Focus Awards Level 3 Diploma Specialist in Gym Instructing and Personal Training (RQF)

Focus Awards Level 3 Diploma Specialist in Personal Training (RQF)

Focus Awards Level 2 Award in Applying Myofascial Cupping (RQF)

**Please check back soon or get in touch to hear about any developments we have planned for this sector.**

