

Qualification Specification

Focus Awards Level 2 Award in Instructing
Studio Cycling (RQF)

603/2045/X



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Focus Awards Level 2 Award in Instructing Studio Cycling (RQF)

Qualification Details

QRN: 603/2045/X

Credit: 4

GLH: 18

TQT: 40

Qualification Purpose

The Focus Awards Level 2 Award in Instructing Studio Cycling (RQF) is aimed at those learners qualified with a level 2 fitness qualification looking to be able to competently plan and instruct Studio Cycling sessions.

The Focus Awards Level 2 Award in Instructing Studio Cycling (RQF) provides learners with the extended knowledge, understanding and skills to be able to competently instruct Studio cycling. The qualification will also allow learners to be ably prepare, instruct, demonstrate and evaluate a studio cycling exercise session highlighting the benefits and safety considerations to be considered when designing a studio cycling programme.

Learner Entry Requirements

A learner must have previously completed a Level 2 Fitness instructing qualification other than this Focus Awards do not set any other entry requirements for the qualification however other requirements may be required by the centre.

Age Ranges

Entry is at the discretion of the centre however, learners should be 16 to undertake this qualification.

Please note that 16 to 18 year-olds may need to be supervised in the workplace, once they have achieved the qualification

Geographical Coverage

This qualification is available in England and Northern Ireland.

Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations Policy'.

Assessment Methods

The Focus Awards Level 2 Award in Instructing Studio Cycling (RQF) is internally assessed.

Each learner is required to create a portfolio of evidence which demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include;

- Assessor observation
- Witness Testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

- Level 3 Certificate in Personal Training
- Level 3 National Award/Certificate/Diploma in Sport
- Level 3 NVQ in Instructing Physical Activity and Exercise

Useful websites and supporting materials

- www.focusawards.org.uk/supportingmaterials
- www.ofqual.gov.uk
- <https://focusexerciseprofessionals.uk/>

Qualification Structure/Rules of Combination

To successfully achieve the Focus Awards Level 2 Award in Instructing Studio Cycling (RQF) learners must complete the two mandatory units below achieving a total of 4 credits.

Unit Title	Unit Ref	Level	GLH	Credit
Planning Studio Cycling sessions	R/615/9716	2	8	2
Instructing Studio Cycling Sessions	M/615/9724	2	10	2

Requirements for Tutors

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however; consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

Requirements for assessors:

Assessors will be required to hold, or be working towards a relevant assessing qualification. This may include qualifications such as the Level 3 Certificate in Assessing Vocational Achievement, or the Level 3 Award in Assessing Competence in the Work Environment. Focus Awards will however; consider other relevant assessing qualifications upon submission. Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor. Assessors must also be able to show they are occupationally competent within the sector area.

Requirements for Internal Quality Assurers (IQA):

Internal Quality Assurers should hold or be working towards the following an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however; consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.