

Qualification Specification

Focus Awards Level 2 Award in Instructing
Weight Training (RQF)

603/3942/1



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Focus Awards Level 2 Award in Instructing Weight Training (RQF)

Qualification Details

QRN: 603/3942/1

Credit: 3

GLH: 16

TQT: 32

Qualification Purpose

The aim of the Focus Awards Level 2 Award in Instructing Weight Training (RQF) is to provide learners with the understanding of the role and responsibility of an instructor in Weight Training, to identify the key aspects of the role and responsibilities related to rules, regulations, duty of care and safe instructing practice and be able to prepare, deliver and evaluate Weight Training sessions for individuals and a group.

This qualification is aimed at those that wishing to gain experience in instructing weight training.

Learner Entry Requirements

Learners should be competent in literacy and numeracy to help with elements of communication. This is at the discretion of the centre as they may decide to use diagnostic testing methods to ascertain how they can support learners.

Age Ranges

Learners should be 16 (minimum) to undertake this qualification.

Geographical Coverage

This qualification is available in England.

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 Weight Training (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;

- Observed work
- Witness statements
- Audio- visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

All evidence must be cross referenced to unit outcomes, simulation is not allowed in all units.

Progression Routes

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

- Focus Awards Level 3 Certificate in Instructing Weight Training (RQF)
- Focus Awards Level 2 Certificate in Coaching Weight Lifting (RQF)

Useful websites and supporting materials

- www.focusawards.org.uk/supportingmaterials
- ofqual.gov.uk
- www.britishweightlifting.org

National Occupational Standards

Where there are links to national occupational standards they have been identified in each of the units.

Qualification Structure/Rules of Combination

To successfully achieve this qualification, learners must complete the mandatory unit totalling 2 credits.

| Unit Title | Unit Ref | Level | GLH | Credit |
|-----------------------------|------------|-------|-----|--------|
| Mandatory | | | | |
| Weight Training Instructing | F/617/4020 | 2 | 16 | 3 |

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.