

Qualification Specification

Focus Awards Level 4 Certificate in Exercise for
Managing Lower Back Pain (RQF)

603/4637/1



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Focus Awards Level 4 Certificate in Exercise for Managing Lower Back Pain (RQF)

Qualification Details

QRN: 603/4637/1

Credit: 15

GLH: 99

TQT: 200

Qualification Purpose

The Focus Awards Level 4 Certificate in Exercise for Managing Lower Back Pain (RQF) is aimed at those learners who are already qualified at Level 3 for personal training.

The qualification will allow learners to be able to plan, deliver and review programmes for patients or clients with lower back pain.

Learner Entry Requirements

Learners must hold a recognised Level 3 personal trainer qualification or equivalent.

Age Ranges

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

Geographical Coverage

This qualification has been accredited for use in England and Northern Ireland.

Reasonable Adjustments and Special Considerations

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

Assessment Methods

The Focus Awards Level 4 Certificate in Exercise for Managing Lower Back Pain (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 – completed observational checklists on related action plans
- Witness Testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Evidence may be drawn from actual or simulated situations where appropriate.

Progression Routes

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

- British Association for Cardiovascular Prevention and Rehabilitation (BACPR) Specialist Exercise Instructor Level 4 Cardiac Qualification
- Level 4 Certificate in Cancer Rehabilitation
- Level 4 Award In Long Term Neurological Conditions

Useful websites and supporting materials

- www.focusawards.org.uk
- ofqual.gov.uk
- www.skillsactive.org.uk

National Occupational Standards

Focus Awards has mapped to NOS where they exist.

Qualification Structure/Rules of Combination

In order to successfully complete the Focus Awards Level 4 Certificate in Exercise for Managing Lower Back Pain (RQF) learners must achieve a total of 15 credits from 4 mandatory units

Unit Title	Unit Ref	Level	GLH	Credit
Mandatory Units				

Classification of low back pain	D/617/6289	4	4	28
Behavioural strategies for managing low back pain	A/617/6297	4	3	16
Planning exercise for clients with low back pain	F/617/6298	4	4	27
Delivering exercise for clients with low back pain	J/617/6299	4	4	28

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.