

Qualification Specification

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

603/5493/8



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

Qualification Details

QRN: 603/5493/8

Credit: 6

GLH: 12

TQT: 60

Qualification Purpose

The aim of this qualification is to develop learners' knowledge in understanding the older adult population, associated medical conditions, and physical activity considerations. Learners will develop their knowledge and ability in collecting client information to plan exercise for older adults, and adapt these exercises to meet their needs.

Learner Entry Requirements

Learners must have completed a relevant Level 2 qualification.

Age Ranges

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

Each learner is required to create a portfolio of evidence which demonstrates achievement of all the learning outcomes and the 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 and where permitted by the relevant Sector Skills Council or Sector Skills Body.

Progression Routes

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

- Focus Awards Level 3 Certificate in Planning and Delivering Personal Training (RQF)
- Focus Awards Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions (RQF)
- Focus Award Level 4 Certificate in Developing Physical Activity and Weight Management Strategies for Diabetic Clients (RQF)
- Focus Awards Level 3 Diploma in Exercise Referral (RQF)

Useful websites and supporting materials

You will find useful websites and supporting materials here:

- www.focusawards.org.uk
- Ofqual.gov.uk

Qualification Structure/Rules of Combination

Unit Title	Unit Ref	Level	GLH	Credit
Mandatory units				
Health Conditions in Older Adults	D/617/9578	3	6	3
Designing Exercise Programmes for Older Adults	H/617/9579	3	6	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 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.