

# Qualification Specification

Focus Awards Level 2 Award in Weight Lifting  
(RQF)

603/3944/5



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## Focus Awards Level 2 Award in Weight Lifting (RQF)

### Qualification Details

QRN: 603/3944/5

Credit: 1

GLH: 4

TQT: 5

### Qualification Purpose

The aim of the Focus Awards Level 2 Award in Weight Lifting is to give learners the knowledge to be able warm up and cool down for Weight Lifting effectively, be able to prepare and maintain a safe lifting environment and be able to perform specified Weight Lifting techniques

This qualification is aimed at those learners that want to improve their weight lifting.

### 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

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: <https://www.focusawards.org.uk/wp-content/uploads/2019/07/Reasonable-Adjustments.pdf>

## Assessment Methods

Each learner is required to create 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)

## Progression Routes

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

- Focus Awards Level 3 Award for British Weight Lifting Technical Officials (RQF)
- Focus Awards Level 2 Award in Teaching Olympic Weightlifting in Schools (RQF)
- Focus Awards Level 2 Certificate in Coaching Weight Lifting (RQF)
- Focus Awards Level 2 Award in Instructing Weight Training (RQF)

## Useful websites and supporting materials

You will find useful websites and supporting materials here:

- [www.focusawards.org.uk](http://www.focusawards.org.uk)
- [Ofqual.gov.uk](http://Ofqual.gov.uk)
- [www.focusawards.org.uk/supportingmaterials](http://www.focusawards.org.uk/supportingmaterials)
- <https://britishweightlifting.org/>

## Qualification Structure/Rules of Combination

In order to successfully achieve the Focus Awards Level 2 Award in Weight Lifting (RQF) learners must complete the mandatory unit totalling a total of **1 credit**.

Unit Title	Unit Ref	Level	GLH	Credit
<b>Mandatory units</b>				
Perform Weight Lifting Techniques Safely	L/617/4019	2	4	1

### **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 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 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 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.