

Qualification Specification

Focus Awards Level 4 Diploma in Teaching
Yoga (RQF)

601/8117/5



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Contents

Qualification Details.....	Page 3
Qualification Purpose.....	Page 3
Learner Entry Requirements.....	Page 3
Age Ranges.....	Page 3
Geographical Coverage.....	Page 3
Reasonable Adjustments and Special Considerations.....	Page 4
Assessment Methods.....	Page 4
Progression Routes.....	Page 4
Useful websites and supporting materials.....	Page 4
Qualification Structure/Rules of Combination.....	Page 4
Requirements for Tutors.....	Page 5
Requirements for assessors.....	Page 5
Requirements for Internal Quality Assurers (IQA).....	Page 5

Focus Awards Level 4 Diploma in Teaching Yoga (RQF)

Qualification Details

QRN: 601/8117/5

Credit: 37

GLH: 185

TQT: 370

Qualification Purpose

The Focus Awards Level 4 Diploma in Teaching Yoga (RQF) is aimed at experienced yoga practitioners and those learners working in the fitness industry and want add teaching yoga to their portfolio of qualifications.

The Focus Awards level 4 Diploma in Teaching Yoga (RQF) will provide learners with the skills, knowledge and experience necessary to become competent and professional teachers of Yoga.

The purpose of the Focus Awards level 4 Diploma in Teaching Yoga (RQF) is to equip learners both professionally and practically to teach yoga asana, breathing practices, pranayama, relaxation and concentration/meditation to students with a wide variety of ability and experience with an underlying knowledge and understanding of yoga principles and philosophy.

Learner Entry Requirements

Learners are required to have a Level 2 in Anatomy and Physiology or equivalent, Level 3 Award in the Foundations of Yoga or equivalent and have practiced Yoga competently for a minimum 1 year.

Age Ranges

Entry is at the discretion of the centre; however learners should be at least 18 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 'Focus Awards Reasonable Adjustments and Special Consideration Policy.'

Assessment Methods

The Focus Awards Level 4 Diploma in Teaching Yoga (RQF) is internally assessed and quality assured through IQA and EQA processes.

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
- Teaching Practice

Recognition of prior learning (RPL)

Progression Routes

There are no relevant accredited qualifications that learners can progress onto. Learners may wish to move into more specialist training such as Yoga for Pregnancy, Yoga for Healthy Backs, Yoga for Special Needs, Yoga for Children and Yoga Therapy.

Useful websites and supporting materials

You will find useful websites and supporting materials here:

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

Qualification Structure/Rules of Combination

In order to successfully achieve the Focus Awards Level 4 Diploma in Teaching Yoga (RQF) learners must complete all 5 Mandatory units.

Unit Title	Unit Ref	Level	GLH	Credit
Mandatory units				
Teaching Yoga as a Profession.	A/507/4567	4	4	40
Planning and Delivering Yoga Classes	R/507/4526	4	8	80
Understanding and applying the Philosophy of Yoga	Y/507/4544	4	9	90
Teaching Asana to meet the Needs of Mixed Ability Students	Y/507/4589	4	8	80
Finding the Breath	F/507/4487	4	8	80

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.