

Active IQ Level 2 Technical Specialist in Physical Activity and Exercise for Adolescents (Award)

Qualification accreditation number: 610/4553/6

Introduction

The Active IQ Level 2 Technical Specialist in Physical Activity and Exercise for Adolescents (Award) is at level 2 on the Regulated Qualifications Framework (RQF). This qualification has been approved by IfATE, Ofqual and DfE to be recognised as an Additional Specialist Technical Qualification. This qualification builds on the outcomes within an occupational standard and enables an individual to specialise in an occupation having achieved the specialist qualification in addition to their attainment of outcomes set out in the standard.

Guided learning hours	60	Total qualification time	100
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Entry Requirements:

- A suitable Level 2 fitness instructing qualification, for example:
 - Active IQ Level 2 Certificate in Gym Instructing.
 - Active IQ Level 2 Certificate in Group Training.
 - Active IQ Level 2 Certificate in Fitness Instructing.
 - Some experience of supporting children and/or adolescents in physical activity may be useful.
- The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.
- There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.

Qualification Outline

Target Learners:

- Learners aged 16+.
- Qualified fitness instructors wishing to widen their skills to offer physical activity and exercise for adolescents.

Purpose

The purpose of this Additional Specialist Technical Qualification is to provide learners with an understanding of the legal and professional requirements of delivering physical activity and exercise to adolescents between the ages of 11-15 years old.

Learners are provided with an understanding of the key concepts of physical activity, health, and development considerations for adolescents, including the benefits, barriers, and motivators of physical activity. Learners are also given an understanding of child safeguarding principles and effective instructional practices when leading physical activity or exercise sessions for adolescents.

This qualification includes the essential knowledge and skills that are needed to meet the requirements of the physical activity sector's minimum standards for deployment.

Please note: for the purpose of this qualification when the term 'adolescent' is used, this can be assumed as referring to young people aged between 11 and 15, unless otherwise stated.

Learners who achieve this qualification will:

Understand:

- The stages of adolescent development.
- How to assess teenage overweight and obesity.
- The physiological changes and effects of physical activity upon adolescents.
- The mental health issues and psychosocial challenges faced by adolescents.
- The nutritional needs of adolescents.
- The benefits, barriers, and motivators of physical activity for adolescents.
- The legal, professional, and safeguarding requirements related to working with adolescents.
- How to assess the suitability of physical activities and exercises for adolescents.
- The current recommendations and how to select physical activity and exercise for adolescents.
- How to lead safe and effective physical activity sessions for adolescents.

Have demonstrated:

- How to plan a safe, effective, and inclusive physical activity or exercise session for adolescents.
- How to prepare adolescents and the environment for a physical activity and exercise session.
- How to instruct a safe and effective physical activity and exercise session for adolescents.
- How to conclude a session, obtain feedback and evaluate own practice.

Progression

This qualification provides progression to:

- Active IQ Level 2 Technical Specialist in Physical Activity for Children (Award).
- Active IQ Level 2 Technical Specialist in Instructing Circuit Training (Award).
- Active IQ Level 3 Technical Occupational Entry in Personal Training (Diploma).
- Active IQ Level 3 Technical Specialist in Sports Massage Therapy (Diploma).
- Apprenticeship in Personal Training.

Links to National Standards

There are links to:

- The Leisure Team Member Apprenticeship standard (ST0390).
- The Community Activator Coach Apprenticeship standard (ST0478).
- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Learning and Development Requirements (LDR).

Qualification Structure

Learners must complete the two mandatory units.

Unit	Unit accreditation number	Level	GLH	TQT
1. Physical activity, health and development considerations for adolescents	H/650/9163	2	20	30
2. Planning and instructing safe and effective physical activity and exercise for adolescents	J/650/9164	2	40	70

Assessment Design

The assessments for the Active IQ Level 2 Technical Specialist in Physical Activity and Exercise for Adolescents (Award) have been designed to ensure they are valid, fit for purpose and meet the requirements of a technical specialist qualification. We have focused on the reliability and validity of the assessments, to ensure that a learner who successfully completes this qualification is well placed to secure employment in roles related to this standard.

The assessments for this Additional Specialist Technical Qualification consist of the following:

Assessment component title	Assessment method	Unit/s
Assessment 1 - Adolescent development and effects of physical activity	Knowledge assessment	Unit 1 - Physical activity, health, and development considerations for adolescents
Assessment 2 - Assessing adolescent body composition and their nutritional needs		
Assessment 3 - Psychological challenges for adolescents and the benefits of physical activity		
Assessment 4 - Legal, professional, and safeguarding requirements for instructing adolescents	Knowledge assessment	Unit 2 - Planning and instructing safe and effective physical activity and exercise for adolescents
Assessment 5 - Selecting and leading physical activity and exercise sessions		
Assessment 6 - Planning a safe, effective and inclusive physical activity and exercise to groups of adolescents	Assignment	
Assessment 7 - Physical activity and exercise for adolescent groups	Observation and questioning	

Assessment 8 - Planning safe and effective physical activity and exercise to individual adolescents	Assignment	
Assessment 9 - Physical activity and exercise for individual adolescents	Observation and questioning	
Assessment 10 - Evaluate own practice	Assignment	

Assessment methods

The following lists the assessment methods used in this qualification, with a description of how they are intended to work.

- **Knowledge assessment**

The knowledge assessments use a range of different question types to assess the learner's cognitive abilities, retention of knowledge and factual recall. The different types of questions include multiple choice, short essays, drag and drop into text and scenario-/video-based questions and answers. The different question types give learners an opportunity to demonstrate achievement in a range of different contexts, allowing learners to apply their knowledge in real-life scenarios linked to the qualification's purpose. Each knowledge assessment has a minimum pass mark of 70%.

- **Assignment**

This assessment method uses clearly constructed briefs/tasks and associated marking schemes to assess learners' cognitive abilities and/or practical competencies. This assessment method allows learners to demonstrate problem solving; analytical, research and planning skills. Each assignment has a minimum pass mark of 80% against a pre-set mark scheme.

- **Observation and questioning**

An observation assesses the learner's competence, skills and behaviour through the application of knowledge. This assessment method will also provide an opportunity for the learner to be assessed holistically across the standard.

The focus of the questioning will be on the knowledge, skills and behaviours that are assessed within the observation and in particular on criteria that the learner was unable to demonstrate competence in due to them not occurring naturally. Questions may also be on criteria that have been partially demonstrated during the observation. The purpose of the questions and answers session is not to re-assess criteria that the learner did not achieve as a result of not being competent.

The performance observed and responses to questions will be assessed holistically as part of this assessment method. This assessment is a valid way to assess the learner's knowledge, skills and behaviours in a real-life context, and suitably prepares the learner for the role and demands of a technical specialist delivering physical activity and exercise to adolescents. Observations are either pass or refer against set criteria.

Grading

To achieve this qualification, learners must achieve a pass in all of the assessments.

The overall grade for this qualification is **Pass / Refer**.