Active IQ Level 2 Technical Specialist in Instructing Water-based Exercise (Award)
Qualification accreditation number: 610/4554/8

Introduction

The Active IQ Level 2 Technical Specialist in Instructing Water-based Exercise (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	45	Total qualification time	70

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.

Or

- Level 2 Swimming Teaching qualification.

And

- Some experience of water-based exercise is 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 water-based exercise.

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Purpose

The purpose of this Additional Specialist Technical Qualification is to provide learners with the knowledge and skills to be able to plan, prepare and deliver safe and effective water-based exercise sessions. Learners are given an understanding of the principles of instructing water-based exercise, how the properties of water affect exercise and the additional health and safety requirements for delivering sessions in a water-based environment.

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.

Learners who achieve this qualification will:

Understand:

- The legal and professional requirements for water-based exercise.
- The skills, motivation and behaviours needed when delivering a water-based exercise session.
- The key considerations of water-based exercise.
- The use of music in a water-based exercise session.
- The principles of instructing water-based exercise.

Have demonstrated:

- How to plan a safe and effective group water-based exercise session.
- How to instruct a safe and effective water-based exercise session.
- How to evaluate own practice.

Progression

This qualification provides progression to:

- Active IQ Level 2 Technical Specialist in Instructing Circuit Training (Award).
- Active IQ Level 2 Technical Specialist in Instructing Kettlebell Training (Award).
- Active IQ Level 2 Technical Specialist in Instructing Studio Cycling (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).

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Qualification Structure

Learners must complete the mandatory unit.

Unit		Unit accreditation number	Level	GLH	TQT
1.	Planning and instructing water-based exercise	L/650/8806	2	45	70

Assessment Design

The assessments for the Active IQ Level 2 Technical Specialist in Instructing Water-based Exercise (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**- Legal and professional requirements for water-based exercise	Knowledge assessment	Unit 1 - Planning and instructing water-based exercise sessions
• **Assessment 2**- Skills, motivation and behaviours needed when delivering a water-based exercise session		
• **Assessment 3**- Key considerations of planning and instructing water-based exercise		
• **Assessment 4**- The use of music in a water-based exercise session		
• **Assessment 5**- Principles of instructing a water-based exercise session		
• **Assessment 6**- Planning a safe and effective water-based exercise session	Assignment	
• **Assessment 7**- Instructing a safe and effective water-based exercise session	Observation and questioning	

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• **Assessment 8**-Evaluating 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**

These assessments use 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 in instructing water-based exercise. Observations are either pass or refer against set criteria.

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Grading

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

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

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