

YMCA Awards Level 2 Award in Community Activation (501/0405/6)

Purpose Statement

Overview

Who is this qualification for?

- Those seeking work as a 'Community Activator' or in any health/active leisure role that aims to empower individuals to change their health related behaviour (with a focus on physical activity)
- Those wishing to use the qualification as a platform for progression on to further learning within the health or active leisure sectors (see 'Progression to further/higher level learning' below)

What prior qualifications/levels of attainment are needed to take this qualification? Are there any age restrictions?

No prior qualifications are required, however, this qualification is aimed at individuals within the community who can act as credible role models for their peers, neighbours and community groups. A degree of life experience and communication skills are required and therefore this qualification is not suitable for learners under the age of 16.

What does this qualification cover?

The YMCA Awards Level 2 Award in Community Activation is regulated by Ofqual and comprises of a total of qualification comprising 2 mandatory units awarding a total of 6 credits. It equips learners with specialist knowledge, understanding and skills relevant to the role of the community activator and similar roles within the health/active leisure sector.

The 6 credits are achieved through completion of the following mandatory units:

- Leading Physical Activity (3 credits)
- Engaging communities in physical activity (3 credits)

Key topics/skills/knowledge covered:

- how to profile and establish the needs of a target community
- how to identify the opportunities for physical activity in the community
- engaging individuals and groups in physical activity
- coaching and supporting change
- factors affecting health and its relation to physical activity
- assessing an individual's suitability to participate in physical activity
- preparing, delivering and evaluating physical activity
- leading a physical activity session

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment as a 'Community Activator' or similar roles within the health/active leisure sectors.

Progression to further/higher level learning

This qualification provides progression to other qualifications at the same and higher levels, for example:

- Level 2 Award in Nutrition for Healthy Living
- Level 3 Life Coaching
- Apprenticeship in Exercise and Fitness

Who supports this qualification?

This qualification is supported by ukactive, a not-for-profit body comprised of members and partners from across the UK active lifestyle sector. It provides services and facilitates partnerships for a broad range of organisations, all of which support the vision of more people, more active, more often to improve the health of the nation. Ukactive exist to serve anyone with a benefit to be gained or a role to play in achieving that goal. Ukactive's membership, which stands at over 3,000 members, includes operators of fitness facilities of all sizes, as well as local authority leisure centres, leisure trusts, outdoor fitness providers, trainers, sports providers, education and training providers, lifestyle companies, equipment suppliers and charities. Read more about ukactive here: <http://www.ukactive.com/about-us>