

## **YMCA Awards Level 3 Award in Adapting Exercise for Independently Active, Older People (600/5879/1)**

### **Purpose Statement**

#### **Overview**

##### **Who is this qualification for?**

- Those already employed as an exercise instructor who are seeking to be able to work unsupervised with independently active, older people
- Those wishing to use the qualification as a platform for progression on to further learning (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?**

This qualification is suitable for those who are 16-18 and 19+. A minimum of a Level 2 Certificate in Fitness Instructing or equivalent is required.

##### **What does this qualification cover?**

The YMCA Awards Level 3 Award in Adapting Exercise for independently Active, Older People is regulated by Ofqual and comprises of a total of 4 credits achieved through the completion of the following 2 mandatory units:

- Considerations for Safe and Effective Exercise for Independently Active, Older People (2 credits)
- Plan and Adapt Exercise Programmes for Independently Active, Older People (2 credits)

##### **Key topics/skills/knowledge covered:**

- Recognise who 'independently active, older people' are in the population
- The ageing process and demographics
- The effects of ageing and inactivity on body systems, cognitive function/performance, psychological/emotional/social function and wellbeing
- The special considerations that must be taken into account when programming and delivering exercise for independently active, older people and the benefits of physical activity and exercise to them
- How to support and motivate the independently active, older adult in exercise and promote exercise for this section of the population
- The impact of ageing on the planning and delivery of safe exercise for independently active, older people
- The components of a pre-exercise consultation with independently active, older people
- How to plan and adapt exercise, and adapt session instruction, for independently active older people
- Conduct a pre-exercise consultation with independently active older people
- Plan a progressive programme for independently active, older people

## **What could this qualification lead to?**

### **Future employment possibilities**

This qualification can lead to employment as an 'Older adult exerciser instructor' within the active leisure sector.

### **Progression to further/higher level learning**

This qualification provides a REPs older adult CPD category of registration on application and provides progression to other qualifications, for example:

- Level 3 Award in Adapting Exercise for Antenatal and Postnatal Clients
- Level 3 Award in Programming and Supervising Exercise with Disabled Clients
- Level 3 Diploma in Exercise Referral

## **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>