

## **YMCA Awards Level 3 Award in Sports Conditioning 600/1145/2**

### **Purpose Statement**

#### **Overview**

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

- Those who have a career in the fitness industry and would like to expand their knowledge and competence into programming for sports and sporting events.
- Those wishing to use the qualification as a platform for progression on to further learning within the health and fitness or active leisure sectors (see 'Progression to further learning' below)

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

Level 2 Certificate in Fitness Instructing – gym-based exercise or equivalent, it is also recommended that learners have or are working towards the Level 3 Certificate in Personal Training, this qualification is aimed at individuals aged 16 +.

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

The YMCA Awards Level 3 Award in Sports Conditioning is regulated by Ofqual and comprises of a total of qualification comprising:

- 1 mandatory unit with a credit value of 3

It equips learners with specialist knowledge, understanding and skills required to design and deliver sports conditioning programmes relevant to individual sports or sporting events.

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

- collecting information relating to the client and their choice of sporting event
- how to analyse and break down sporting activities from the perspective of fitness and conditioning
- utilising a range of sport specific training methods
- planning relevant conditioning activities for participants in sports/events

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

###### **Future employment possibilities**

This qualification can improve employability for qualified fitness instructors and personal trainers.

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

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

- Apprenticeship in exercise and fitness
- Level 3 Certificate in Personal Training
- Level 3 Diploma in Personal Training
- 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. We 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>