

YMCA Awards Level 4 Certificate in Programming Physical Activity for Individuals with Low Back Pain (601/3505/0)

Purpose Statement

Overview

Who is this qualification for?

- Level 3 Exercise Referral Instructors seeking to become a Level 4 Specialist Exercise Instructor with the ability to design, deliver, monitor and evaluate structured, individualised physical activity programmes for adults with low back pain
- 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 aged 16+. Prerequisite qualifications and experience include:

- A Level 3 Exercise Referral qualification, OR, achievement of a Level 4 Specialist Exercise Instructor Qualifications prior to September 2011 plus achievement of a Level 3 fitness qualification
- 150 hours of relevant professional practice at Level 3 in designing, delivering, monitoring, adapting and tailoring exercise programmes for individuals gained within the previous two years and at least six months experience since qualification (to be evidenced in a CV and reference letter).

What does this qualification cover?

The YMCA Awards Level 4 Certificate in Programming Physical Activity for Individuals with Low Back Pain is regulated by Ofqual and is comprised of a total of 16 credits achieved through the completion of the following 3 mandatory units:

- Principles and epidemiology of low back pain (6 credits)
- Programming physical activities for individuals with low back pain (6 credits)
- Instructing physical activity sessions for individuals with low back pain (4 credits)

Key topics/skills/knowledge covered:

- Epidemiology of low back pain
- Risks and causative factors involved in the development of low back pain
- National guidelines for the treatment and management of low back pain
- Contraindications and psychosocial considerations when planning physical activities for the client with low back pain (risk stratification)
- Subjective and objective methods to collect sufficient information to plan safe and effective physical activity programmes for individuals with low back pain

- How to select safe and effective physical activities which are specific to the client's health status, risk stratification, needs and abilities
- The effective use of layering / layered cueing within progressive physical activity programmes for individuals with low back pain
- A range of validated methods used to monitor review and adapt physical activity programmes for individuals with low back pain
- Advice covering lifestyle, homecare, exercise, which is suitable for the individual with low back pain

What could this qualification lead to?

Future employment possibilities

This qualification can lead to an enhanced role as a Specialist Exercise Instructor (Low Back Pain) within the active leisure sector; there is also employment potential within the health sector, for example as a Technical Instructor in the NHS.

Progression to further/higher level learning

This qualification provides progression to other qualifications, for example:

- Level 4 Certificate in Weight Management for Individuals with Obesity, Diabetes Mellitus and/or Metabolic Syndrome
- Any Level 4 specialist exercise instructor qualifications

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>