

## **YMCA Awards Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions (601/4796/9)**

### **Purpose Statement**

#### **Overview**

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

- Level 3 Exercise Referral Instructors seeking to become a Level 4 Specialist Exercise Instructor with the skills and knowledge to work with patients and mental health professionals in the design, delivery and evaluation of safe and effective physical activity programmes for individuals with mental health conditions
- 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 Delivering Physical Activity for Individuals with Mental Health Conditions is regulated by Ofqual and comprises of a total of 16 credits achieved through the completion of the following 3 mandatory units:

- Researching the mental health landscape (6 credits)
- Programming physical activity for individuals with mental health conditions (5 credits)
- Delivering physical activity programmes to individuals with mental health conditions (5 credits)

Key topics/skills/knowledge covered:

- Understand key mental health conditions
- Understand the relationships between mental health, society and lifestyle
- Understand legislation and government policy relating to mental health
- Understand the role of national organisations relating to mental health

- Understand roles and boundaries of the people involved in programming physical activity for individuals with mental health conditions
- Understand how to motivate and support individuals with mental health conditions
- Be able to evaluate the usefulness of a range of resources of information on mental health and its relationship to physical activity
- Be able to evaluate the effectiveness of a range of mental health interventions
- Be able to program physical activity for individuals with mental health conditions
- Be able to deliver physical activity programmes to individuals with mental health conditions

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

#### **Future employment possibilities**

This qualification can lead to an enhanced role as a Specialist Exercise Instructor (Mental Health) 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 Programming Physical Activity for Individuals with Low Back Pain
- 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>