

YMCA Awards Level 4 Certificate in Weight Management for Individuals with Obesity, Diabetes Mellitus and/or Metabolic Syndrome (600/6752/4)

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 plan and deliver safe and effective weight management programmes to members of the population with Obesity, Diabetes Mellitus and/or Metabolic Syndrome
- 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 Weight Management for Individuals with Obesity, Diabetes Mellitus and/or Metabolic Syndrome is regulated by Ofqual and comprises of a total of 25 credits achieved through the completion of the following 3 mandatory units:

- Considerations for Safe and Effective Weight Management Programmes for Individuals with Obesity, Diabetes Mellitus and Metabolic Syndrome (9 credits)
- Programming Group Weight Management for Individuals with Obesity, Diabetes Mellitus and Metabolic Syndrome (10 credits)
- Delivering Group Weight Management Sessions for Individuals with Obesity, Diabetes Mellitus and Metabolic Syndrome (6 credits)

Key topics/skills/knowledge covered:

- Weight management for individuals with obesity, diabetes and metabolic syndrome
- How to encourage long-term behaviour change in individuals with obesity, diabetes and metabolic syndrome
- Classifications relating to body composition and disease risk in individuals with obesity, diabetes and metabolic syndrome
- The importance of building relationships with key individuals and organisations in delivering a weight management programme
- Treatments and disease states for obesity, diabetes and metabolic syndrome
- The impact of exercise and physical activity for individuals with obesity, diabetes and metabolic syndrome
- How to manage the risks associated with programming exercise for individuals with obesity, diabetes and metabolic syndrome
- How to motivate individuals with obesity, diabetes and metabolic syndrome in weight management sessions
- Plan and deliver physical activity components as part of weight management programmes
- Design, review and adapt weight management programmes

What could this qualification lead to?

Future employment possibilities

This qualification can lead to an enhanced role as a Specialist Exercise Instructor (Obesity and Diabetes) 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>