



## **CYQ Level 2 Award in Delivering Chair-Based Exercise (QCF) (QA2QDCBE01)**

### **ROC1**

Learners must complete one additional (optional) unit as well as the two core (mandatory) units

#### Core units

D/502/9590 Introduction to the values and principles of adult social care (QCF)

T/504/0806 Understand the value of chair-based exercise with frailer adults and disabled adults (QCF)

#### Additional unit

M/504/0951 Plan and deliver chair-based exercise for frailer older adults (QCF)

### **ROC2**

Learners must complete one additional (optional) unit as well as the two mandatory units

#### Core units

D/502/9590 Introduction to the values and principles of adult social care (QCF)

T/504/0806 Understand the value of chair-based exercise with frailer adults and disabled adults (QCF)

#### Additional unit

K/504/0950 Plan and deliver chair-based exercise for disabled adults (QCF)

### **ROC3**

Learners must complete both additional (optional) units as well as the two mandatory units

#### Core units

D/502/9590 Introduction to the values and principles of adult social care (QCF)

T/504/0806 Understand the value of chair-based exercise with frailer adults and disabled adults (QCF)

#### Additional units

M/504/0951 Plan and deliver chair-based exercise for frailer older adults (QCF)

K/504/0950 Plan and deliver chair-based exercise for disabled adults (QCF)