

YMCA Level 2 Award in Walk Leading (600/6202/2)

Qualification Specification



YMCA Awards

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Level 2 Award in Walk Leading

Qualification Specification

Qualification number: 600/6202/2

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Introduction

About YMCA Awards

At YMCA Awards, we are passionate about learner progress. Our qualifications support every learner, whether they are taking their first steps into fitness or simply wishing to boost their skills. Our high-quality resources and assessment materials have been created by leading industry experts in consultation with employers and training providers.

YMCA Awards is an internationally recognised organisation. We are highly respected in health and fitness circles and, most importantly of all, we have helped over 200,000 people launch and advance their careers.

Qualification overview

This qualification is regulated by:

- Ofqual
- CCEA (Council for Curriculum, Examinations and Assessment)
- QW (Qualifications Wales).

Qualification aim

This qualification aims to equip the learner with the knowledge and skills needed to plan and to lead safe, effective walking sessions for mixed-ability groups.

Overview of knowledge, skills and understanding

Learners will cover:

- How to prepare, lead and evaluate a walking session
- Structuring a walking session
- The benefits of walking programmes for all levels of fitness
- The link between walking and healthy living
- How to respond to health and safety issues.

Target group and age range

This qualification is aimed at a range of learners, including those aged pre-16 and over.

Qualification structure

The Level 2 Award in Walk Leading comprises 2 mandatory units.

Unit reference number	Unit title	Level	Credit
F/602/4084	Plan and prepare a walking session	2	2
J/504/1278	Lead a walking session	2	2

The Total Qualification Time (TQT) for this qualification is 40. The Guided Learning Hours (GLH) assigned are 26.

Total Qualification Time (TQT)

This is an estimate of the total amount of time, measured in hours that a learner would reasonably need to be able to show the level of achievement necessary for the award of a qualification.

Total Qualification Time is made up of the following two elements:

- (a) the number of hours which an awarding organisation has assigned to a qualification for Guided Learning (see below), and
- (b) an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed by – but not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

Guided Learning Hours (GLH)

This is:

- Face-to-face delivery (learning delivered by a lecturer, supervisor, tutor or other appropriate member of the training team)
- eLearning with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place)
- Invigilated assessment (external tests sat under controlled or open-book conditions)
- Internal assessment carried out by the learner with a lecturer, teacher or tutor present/available in real-time (the co-presence of learner and tutor can be either remote or in the same physical place).

This is **not**:

Unsupervised learning such as:

- eLearning that the learner carries out unsupervised and with no real-time support from a lecturer, teacher or tutor
- Assessment internally carried out by the learner without a lecturer, teacher or tutor present/available in real-time (for example, completing a Learner Assessment Record (LAR) at home)
- Any additional further study, revision and training activities that the learner does unsupervised to support their learning.

Recommended Guided Learning Hours – our ongoing review

Your External Quality Assurer (EQA) will ask you to feedback on GLH annually as part of their quality assurance visit. You should base your feedback on a typical learner taking this qualification and the time spent on supervised learning (GLH). If you feel the GLH is different from the above and you wish to offer feedback before your next EQA visit, please email us: awards.products@ymca.co.uk.

Entry requirements

There are no entry requirements for this qualification.

Opportunities for progression

Learners could progress to further qualifications, for example:

- Level 2 Award in Circuit Training
- Level 2 Award in Group Indoor Cycling
- Level 2 Award in Step Exercise to Music
- Level 2 Award in Studio Resistance Training.

Mapping to standards

There are currently no National Occupational Standards mapping directly to this qualification.

Centre approval

This qualification can only be offered by centres approved by YMCA Awards to deliver it. Details of YMCA Awards approvals processes can be found on our website: www.ymcaawards.co.uk/centres/become-a-ymca-awards-centre.

Qualification approval

If your centre is already approved, you should only need to complete and submit a qualification approval form to deliver this qualification. However, you may also need to complete an additional staff approval form if the qualification is going to be delivered by staff who are not currently approved by YMCA Awards. Details of additional approvals can be found on our website: www.ymcaawards.co.uk/approvals.

Tutor, assessor and IQA approval requirements

To make sure you meet the most up-to-date requirements please see the YMCA Awards staff approval requirement document. This can be found on our website: www.ymcaawards.co.uk/centres/centre-guidance.

Registration

All learners must be registered within the first 10% of the duration of their course (e.g. for a course that lasts 10 days, learners should be registered on the first day of their course at the latest). For further details on registration please go to our website: www.ymcaawards.co.uk/registration.

Qualification availability

This qualification is available in:

- England and regulated by Ofqual
- Northern Ireland and regulated by CCEA (Council for Curriculum, Examinations and Assessment)
- Wales and regulated by QW (Qualifications Wales).

Reasonable adjustments and special considerations

In making this qualification available, YMCA Awards has made every attempt to make sure that there are no unnecessary barriers to achievement. You can find full details of our reasonable adjustment and special considerations policy on our website: www.ymcaawards.co.uk/centres/policies-and-procedures.

Enquiries and appeals procedures

YMCA Awards has an appeals procedure in accordance with the regulatory arrangements in the General Conditions of Recognition. Full details of these procedures are available on our website:

www.ymcaawards.co.uk/centres/policies-and-procedures.

Assessment and quality assurance

How the qualification is assessed

Assessment is the process of measuring a learner's skills, knowledge and understanding against the standards set in the qualification.

This qualification is unit-based and each unit contains learning outcomes and assessment criteria. Learning outcomes set out what the learner is expected to know, understand or be able to do as a result of the learning process. Assessment criteria detail the standards a learner is expected to meet and are broken down into what the learner 'can' do as a result of successfully achieving the unit.

The learner can be assessed holistically or individually as long as they show that the learning outcomes have been achieved.

Competency-based learning outcomes (e.g., be able to) are typically assessed through direct observation and these will take place in a real work environment. Where a real work environment is not stipulated the observation can be simulated and be internally assessed.

Knowledge-based learning outcomes (e.g., know or understand) can be assessed in a number of different ways such as worksheets, projects, professional discussion etc. The assessment method chosen should reflect the content of the unit.

This qualification must be assessed in line with YMCA Awards assessment policies and procedures

www.ymcaawards.co.uk/centres/centre-guidance.

The Level 2 Award in Walk Leading is assessed through Internal assessment.

Internal assessment

YMCA Awards suggest the following approaches to internal assessment:

Using a Learner Assessment Record (LAR)

This document typically contains assessment guidance and paperwork developed by YMCA Awards to support the assessment of a qualification.

To check if a Learner Assessment Record is available for this qualification, please make sure you are logged in to the centre home on the website and follow this link: www.ymcaawards.co.uk/download-resources/lars.

Creating a portfolio of evidence

If a YMCA Awards Learner Assessment Record (LAR) is not used to evidence internal assessment then the learner must create a portfolio of evidence. Centres must work with learners to create this portfolio and need to make sure that the learner's portfolio shows coverage of the learning outcomes and/or assessment criteria where required.

A typical portfolio of evidence could include:

- Evidence index
- Assessor observation – completed observational checklists and related action plans
- Witness testimony
- Candidate’s proof of work
- Worksheets
- Assignments/projects/reports/presentations
- Record of professional discussion
- Record of oral and written questioning
- Candidate and peer reports
- Recognition of Prior Learning (RPL)
- Summary of achievement.

Centres need to make sure assessment specifications and paperwork are signed off by the EQA before delivery.

As a guide to selecting appropriate assessment methods see the suggested example in the ‘Qualification content’ section of this specification.

External assessment

There is no external assessment for this qualification.

Assessors

The role of the assessor is to make an informed judgement about the evidence a learner should provide to show they can meet the assessment criteria. For further guidance please see the ‘Role of the assessor’ document on the website: www.ymcaawards.co.uk/centres/centre-guidance.

Internal and external quality assurance

The role of the Internal Quality Assurer (IQA) is to make an informed judgement(s) regarding the practice of and decisions made by the assessment team to maintain standards. They are a vital link between the assessors and the External Quality Assurer (EQA). For further information on the role of the IQA and the EQA go to the website: www.ymcaawards.co.uk/centres/centre-guidance.

Qualification content

Unit specifications and recommended assessment methods

Plan and prepare a walking session (F/602/4084)

Unit aim

To provide learners with the knowledge to plan safe, effective walking sessions, leading to enhanced activity and health. Learners will understand how to plan interesting walks, making optimum use of their outdoor environment.

Unit content

The learner will:

1. Understand the link between walking and healthy living

The learner can:

1.1 Identify the link between walking and healthy living

1.2 State the guidelines for active living

The learner will:

2. Understand the benefits of walking programmes for all levels of fitness

The learner can:

2.1 Identify the benefits of walking

2.2 Explain the physiological and psychological benefits of walking

The learner will:

3. Understand the importance of careful and thorough planning and preparation of a walking session

The learner can:

3.1 Identify guidance relevant to preparing a walking session

3.2 Identify the aspects of risk assessment that apply when planning a walking session

The learner will:

4. Understand the importance of structuring a walking session

The learner can:

4.1 Select appropriate exercises to achieve a safe warm up

4.2 Identify the correct structure for the main walking component

4.3 Identify the appropriateness of selected activities to the participants' skills levels

4.4 Identify methods for checking how participants are feeling

4.5 Select appropriate activities to achieve a cool down

4.6 Select appropriate stretches

4.7 Identify how to use the outdoor environment to enhance a walking session

Assessment specification

- Overview and session plan

Lead a walking session (J/504/1278)

Unit aim

This unit aims to provide learners with the skills necessary to lead a safe and effective walking session to enhance activity for health. The learner will be able to lead a walking session designed around participant objectives utilising the outdoor environment.

Unit content

The learner will:

1. Be able to prepare to lead a walking session

The learner can:

1.1 Identify participant objectives

1.2 Prepare participants for the session

1.3 Explain to participants the purpose of the chosen activities

1.4 Provide health and safety advice to participants

1.5 Confirm or revise the session plan based on information gathered

The learner will:

2. Be able to lead a walking session

The learner can:

2.1 Explain to participants safe and effective exercise techniques for different abilities, covering:

- warm up and cool down exercises
- walking techniques relevant to each session component

2.2 Demonstrate safe and effective exercise techniques for different abilities

2.3 Demonstrate safe and effective speed of movement relevant to each component:

- warm up
- main component
- cool down

2.4 Use effective visual and verbal reinforcement for good technique

2.5 Manage a walking group effectively in the outdoor environment

2.6 Speak clearly and audibly for the outdoor environment

2.7 Monitor and improve the performance of individuals

2.8 Ask questions to confirm participants' understanding

2.9 Use language appropriate to participants and their needs

2.10 Manage time effectively within the session

The learner will:

3. Be able to reflect on providing a walking session

The learner can:

3.1 Review the outcomes of working with participants and their feedback

3.2 Identify how to improve personal practice

Assessment specification

- Observation
- Evaluation



YMCA Awards is one of the UK's leading health, fitness and wellbeing specific awarding organisations. It offers training centres and learners across the world a diverse suite of qualifications, from introductory (Level 1) to advanced levels (Level 4).

YMCA Awards issues over 30,500 qualification certificates a year, helping learners in the UK and overseas to launch and progress their careers in the active leisure sector.

*To view YMCA Awards' full range of qualifications please visit
www.ymcaawards.co.uk.*

www.ymcaawards.co.uk

Awarding excellence

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