

YMCA Level 3 Award in Sports Conditioning (600/1145/2)

Qualification Specification



YMCA Awards

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Level 3 Award in Sports Conditioning

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Qualification number: 600/1145/2

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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

The aim of this qualification is to equip the learner with the skills required to provide fitness programmes to improve performance across a range of sports and sporting events.

Overview of knowledge, skills and understanding

Learners will cover:

- Collecting information relating to the client and their choice of sporting event
- How to analyse and break down sporting activities from the perspective of fitness and conditioning
- Utilising a range of sport-specific training methods
- Planning relevant conditioning activities for participants in sports/events.

Target group and age range

This qualification is aimed at a range of learners aged 16+.

Qualification structure

To achieve the Level 3 Award in Sports Conditioning, learners must complete 1 mandatory unit for a total of 3 credits.

Unit reference number	Unit title	Level	Credit
K/503/0502	Exercise Programming for Sports Conditioning	3	3

The Total Qualification Time (TQT) for this qualification is 30. The Guided Learning Hours (GLH) assigned are 24.

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

- Level 2 Certificate in Fitness Instructing or equivalent

YMCA Awards recommend that learners also complete the Level 3 Certificate in Personal Training or equivalent before taking this qualification.

Opportunities for progression

A number of progression routes exist in specialist areas including:

- Level 3 Award in Instructing Outdoor Fitness.

Mapping to standards

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There are currently no National Occupational Standards mapping 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 (eg, 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 (eg, 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 internally assessed.

Knowledge-based learning outcomes (eg, 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 3 Award in Sports Conditioning 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.

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 assessments 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

Exercise Programming for Sports Conditioning (K/503/0502)

Unit aim

This unit serves to equip the learner with the skills needed to provide fitness programmes that can help clients to achieve their performance goals across a range of sports and/or sporting events.

Unit content

The learner will:

1. Understand how to collect information relevant to a client's chosen sport or sporting event

The learner can:

1.1 Explain why it is important to collect accurate information about clients

1.2 Explain how to decide what information to collect

1.3 Outline the legal and ethical implications of collecting information about clients

1.4 Explain the importance of safeguarding the confidentiality of collected information and describe how to do so

1.5 Explain how to ensure clients informed consent is obtained before collecting information

The learner will:

2. Be able to collect information relevant to a client's chosen sport or sporting event

The learner can:

2.1 Collect information relevant to the client, including:

- Specific role in the team sport or sporting event
- Past history in the sport or sporting event

2.2 Collect information relating to the client's chosen sport or sporting event

2.3 Collect information from a variety of sources:

- Client
- Sporting bodies
- Publications

The learner will:

3. Understand how to analyse and break down sporting activities from the perspective of fitness and conditioning

The learner can:

3.1 Explain how to analyse the requirements of different sports on different areas of the body

3.2 Explain how to break down the client's chosen sport from the perspective of fitness and conditioning to meet the client's needs

The learner will:

4. Be able to analyse and break down sporting activities from the perspective of fitness and conditioning

The learner can:

4.1 Analyse the requirements of the client's chosen sport or sporting event on different areas of the body

4.2 Break down the client's chosen sport from the perspective of fitness and conditioning to meet the client's needs

The learner will:

5. Understand how to plan relevant conditioning activities for participants in sport and sporting events

The learner can:

5.1 Identify relevant conditioning activities for participants in sport

5.2 Identify relevant conditioning activities for participants in sporting events

5.3 Describe health and fitness goals to compliment sporting activities

The learner will:

6. Plan relevant conditioning activities for participants in sport and sporting events

The learner can:

6.1 Develop an exercise plan which includes sports specific, fitness and conditioning activities relevant to the client's sport or sporting event

6.2 Select relevant conditioning activities for participants in sport

6.3 Select relevant conditioning activities for participants in sporting events

6.4 Develop an exercise plan relevant to the client's short, medium and long-term sporting goals covering:

- Energy systems
- Power
- Speed
- Agility
- Flexibility
- Endurance

6.5 Identify health and fitness goals in the exercise plan to compliment sporting activities

6.6 Explain progression and adaptations to the selected activities

Assessment

- Periodised programme
- Professional discussion/knowledge questions



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.*

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Awarding excellence

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