

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

Qualification Specification



YMCA Awards

112 Great Russell Street
London
WC1B 3NQ

020 7343 1800

www.ymcaawards.co.uk

Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions

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Introduction

About YMCA Awards

At YMCA Awards, we are passionate about learner progress. Our qualifications support every learner, whether 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 are 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

In the context of an increasing understanding of the relationship between exercise and physical activity and clinical benefits for mental health, this qualification aims to provide advanced exercise instructors 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. The qualification is an important step towards developing the confidence of mental health professionals regarding the expertise and integrity of exercise professionals in the development of collaborative and holistic treatment programmes for mental health conditions that include exercise and physical activity.

Overview of knowledge, skills and understanding

Knowledge and understanding relating to the qualification:

- 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

Skills relating to the qualification:

- 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 programme physical activity for individuals with mental health conditions

- Be able to deliver physical activity programmes to individuals with mental health conditions

Target group and age range

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

Qualification structure

To achieve the YMCA Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions, learners must complete 3 mandatory units for a total of 16 credits.

Unit reference number	Unit title	Level	Credit
L/506/6957	Researching the mental health landscape	4	6
R/506/6958	Delivering physical activity programmes to individuals with mental health conditions	4	5
Y/506/6959	Programming physical activity for individuals with mental health conditions	4	5

The Total Qualification Time (TQT) for this qualification is 160. The Guided Learning Hours (GLH) assigned are a minimum of 55.

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)
- E-learning 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:

- E-learning 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 the 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 feedback before your next EQA visit, please email us: awards.products@ymca.co.uk.

Entry requirements

Learners must hold the following qualifications and experience:

- A Level 3 Exercise Referral qualification, OR, achievement of a Level 4 Specialist Exercise Instructor Qualification before 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 6 months experience since qualification (to be evidenced in a CV and reference letter).

Opportunities for progression

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

Mapping to standards

This qualification relates to a number of National Occupational Standards, including SKAD515, D463 and SKAD464. For more information, please visit: <http://nos.ukces.org.uk>.

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)

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.

Enquires 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 a unit-based qualification 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 be 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. 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 YMCA Awards Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions is assessed primarily through internal assessment, however there is a short and long answer theory Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions | Qualification Specification | Version 1

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paper for 'Researching the mental health landscape (L/506/6957)' which is externally set by YMCA Awards, internally assessed and quality assured and externally quality assured.

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 the 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 a short and long answer theory test for 'Researching the mental health landscape (L/506/6957)' which is externally set by YMCA Awards, internally assessed and quality assured and externally quality assured.

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 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

Researching the mental health landscape (L/506/6957)

Unit aim

This unit aims to provide evidence of the learner's knowledge and understanding of the main clinical conditions, background and context of mental health in the UK. It assesses the learner's ability to research effectively the background information necessary to design and agree a physical activity programme for adults with mental health problems.

Unit content

The learner will:

1 Understand key mental health conditions

The learner can:

1.1 Define mental health

1.2 Identify sources of information about mental health and physical activity

1.3 Describe the key features of

- Anxiety disorders
- Depression
- Bi-polar disorder
- Schizophrenia
- Eating disorders
- Other psychotic disorders
- Substance related disorders

1.4 Explain the common causes of key mental health conditions

1.5 Explain how mental health is assessed

1.6 Explain how mental health conditions are treated

The learner will:

2 Understand the relationships between mental health, society and lifestyle

The learner can:

2.1 Describe the impact of mental health conditions on

- Individuals
- Societies

2.2 Describe the impact of physical activity/inactivity on mental health conditions

2.3 Describe the role of nutrition and its impact on mental health and co-occurring conditions

The learner will:

3 Understand legislation and government policy relating to mental health

The learner can:

3.1 Explain Mental Health Disorder classifications

3.2 Explain current mental health legislation

3.3 Describe current government policy in relation to mental health

The learner will:

4 Understand the roles of national organisations relating to mental health

The learner can:

4.1 Describe the role of the NHS

4.2 Explain the role of other relevant national organisations

The learner will:

5 Be able to evaluate the usefulness of a range of sources of information on mental health and its relationship to physical activity

The learner can:

5.1 Analyse information from a variety of sources:

- Case Studies
- Pre/post evaluations
- Qualitative evaluations
- Epidemiological studies
- Randomised control trials

5.2 Determine the usefulness of a range of sources of information/evidence in terms of

- Validity
- Authenticity
- Accuracy
- Currency
- Sufficiency
- Reliability

The learner will:

6 Be able to evaluate the effectiveness of a range of mental health interventions

The learner can:

6.1 Analyse the effectiveness of the following mental health interventions

- Multi factorial
- Single
- Individual
- Group

Assessment specification

- Theory test
- Research worksheet
- Analysis task

Programming physical activity for individuals with mental health conditions (Y/506/6959)

Unit aim

This unit aims to provide evidence of the learner's ability to gather and use information to design and agree a safe and effective physical activity programme for a person with a mental health condition. This will involve working with a range of partners and healthcare professionals. The learner must demonstrate the ability to communicate effectively with the patient, partners and healthcare professionals regarding the risks and benefits of the programme.

Unit content

The learner will:

1 Understand roles and boundaries of the people involved in programming physical activity for individuals with mental health conditions

The learner can:

1.1 Explain the roles of partners that may be involved

1.2 Explain the ethical considerations and protocols relating to:

- Confidentiality
- Inter professional boundaries

1.3 Explain the differences between working with self-referred and clinically-referred people

The learner will:

2 Be able to collect and analyse information about individuals with mental health conditions in relation to programming physical activity

The learner can:

2.1 Identify appropriate sources of information about individuals with mental health conditions

2.2 Collect information about the individual from:

- The individual
- Health care professionals

2.3 Analyse information about the individual

2.4 Describe the circumstances for referral to other physical activity or health care professionals

The learner will:

3 Understand the benefits of physical activity for mental and physical health

The learner can:

3.1 Explain the benefits of physical activity for:

- Mental health
- Physical health
- Mental wellbeing

3.2 Describe the current recommendations for dose/response for physical and mental health benefits

3.3 Describe the possible mechanisms for mental health benefits arising from participation in physical activity

The learner will:

4 Be able to appraise individuals with mental health conditions prior to programming physical activity

The learner can:

4.1 Conduct functional assessments

4.2 Conduct physical activity screening

4.3 Conduct physical activity risk assessment

4.4 Determine readiness to participate in physical activity

4.5 Describe the considerations for programming for clients with co morbidities:

- Obesity
- Ischemic heart disease
- Diabetes
- Hypertension
- Cerebrovascular disease

The learner will:

5 Be able to programme physical activity for individuals with mental health conditions

The learner can:

5.1 Obtain informed consent

5.2 Agree goals with the individual:

- Short-term
- Medium-term
- Long-term

5.3 Plan physical activity appropriate to individual needs and goals

5.4 Apply the principles of training to help individuals achieve goals

5.5 Agree the programme with the individual

5.6 Agree review dates with the individual

5.7 Agree any support requirements with the individual

5.8 Record plans in a format that will help individuals and others involved to implement the programme

Assessment specification

- Knowledge questions
- Programme design

Delivering physical activity programmes to individuals with mental health conditions (R/506/6958)

Unit aim

This unit aims to assess the learner's competence to deliver safe and effective physical activity sessions and programmes for groups and individuals with mental health conditions along with their ability to monitor and evaluate progress and programme effectiveness, modifying as appropriate.

Unit content

The learner will:

1 Be able to prepare for the delivery of physical activity programmes for individuals with mental health conditions

The learner can:

- 1.1 Create an appropriate physical activity environment
- 1.2 Clarify the aims and demands of the programme with the individual
- 1.3 Ensure the readiness of the individual for the planned programme

The learner will:

2 Be able to monitor physical activity programmes for individuals with mental health conditions

The learner can:

- 2.1 Communicate effectively with the individual
- 2.2 Implement effective monitoring procedures
- 2.3 Utilise a range of tools to critically evaluate client progress against agreed goals
- 2.4 Identify risks relating to programme participation
- 2.5 Manage risks relating to programme participation
- 2.6 Identify the signs and symptoms of improvement/deterioration of mental health
- 2.7 Identify when further support/referral is required

2.8 Describe the role of the instructor in response to medical complications and emergencies

The learner will:

3 Be able to adapt physical activity programmes for individuals with mental health conditions

The learner can:

3.1 Review the progress of the individual with regard to

- Planned programme goals
- Issues/barriers arising
- Feedback from the individual

3.2 Discuss any proposed changes with the individual

3.3 Agree revisions to the programme with the individual in terms of:

- Goals
- Physical activities

The learner will:

4 Understand how to motivate and support individuals with mental health conditions

The learner can:

4.1 Describe a range of client centred motivational and psychological support strategies

4.2 Critically evaluate different approaches to supporting health behaviour change

4.3 Evaluate a range of approaches to motivation and communication

The learner will:

5 Be able to evaluate physical activity programmes for clients with mental health conditions

The learner can:

5.1 Draw conclusions about the efficacy of the programme

5.2 Make recommendations for changes to future programmes

5.3 Provide verbal and written reports to relevant professionals:

- Health care professionals
- Managers
- Funders

Assessment specification

- Programme delivery
- Professional discussion (programme delivery)
- Evaluation of programme delivery



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
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112 Great Russell Street, London, WC1B 3NQ | T +44 (0)20 7343 1800 | F +44 (0)84 3221 1549 |
E awards.info@ymca.co.uk | W ymcaawards.co.uk

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