

Qualification  
Guidance

# Entry Level 3 Award in the Principles of Health and Fitness

Qualification  
Accreditation Number:  
**500/7332/1**  
Version AIQ004839

**Active iQ**

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## Active IQ Entry Level Award in the Principles of Health and Fitness (Entry 3)

**Qualification Accreditation No: 500/7332/1**

**Course Code: EFIT**

### INTRODUCTION

The Active IQ Award in the Principles of Health and Fitness is a 'life-skills' qualification at entry level 3 on the Regulated Qualifications Framework.

**Guided learning hours: 51**

**Total Qualification Time: 60**

**Credit: 6**

<b>Minimum credit to be achieved at or above the level of the qualification</b>	6
<b>Requirements other than the award of credit which needs to be met before the qualification is awarded:</b>	None
<b>Exemptions:</b>	None

### ENTRY REQUIREMENTS

- No specific previous experience required
- This qualification is open to all
- A basic level of numeracy and literacy is required
- Inspirational for learners across Key Stage 3 and upwards
- Cross curricular and themed approaches to learning
- Clear learning links through PE, Science, Food Technology and PHSE
- Focus on Personal, learning and thinking skills
- Covers Every Child Matters
- Embraces Personalised Learning

### TARGET LEARNERS:

- Children aged 14+/key stage 4
- School leavers and those returning to education
- Those considering a career in the fitness industry
- Anyone wishing to improve their knowledge of activity and exercise and wanting to adopt a healthier lifestyle for themselves

### AIM:

- To explain the links between activity and better health and demonstrate the opportunities within daily life to become more active
- This qualification is designed to facilitate learning in a practical environment that motivates learners and is relevant to adult life

### OBJECTIVES:

- To act as an introduction to the underpinning principles of how exercise affects health and fitness
- To provide an understanding of a balanced diet
- To enable learners to participate in a personal exercise programme
- To enable learners to demonstrate a basic knowledge of healthy living
- To encourage learners to gain confidence and raise self-esteem through exercise participation
- To act as an introduction to career pathways in the health and fitness industry

**PROGRESSION:**

This qualification provides progression to:

- Active IQ Level 1 Award in Active Healthy Living
- Active IQ Level 1 Award in Assisting Health-Related Activity Sessions
- NVQ/SVQ Level 1 in Sport Recreation and Allied Occupations
- Active IQ Level 2 Certificate in Fitness Instructing
- Active IQ Level 2 Award in Leading Health-Related Activity Sessions
- NVQ/SVQ Level 2 Instructing Exercise and Fitness
- NVQ/SVQ Level 2 Activity Leadership

**LINKS TO NATIONAL OCCUPATIONAL STANDARDS**

The 2 units of the qualification fulfil some of the knowledge and understanding of the fitness and health requirements for the national curriculum at key stage 4, which includes:

- The importance of exercise and activity to personal, social and mental health and wellbeing
- How to monitor and develop personal training, exercise and activity programmes in and out of school

**Tutors, Assessors and Internal Verifiers****Required Criteria****All Tutors, Assessors and Verifiers must:**

- Possess a discipline specific qualification equivalent to the qualification being taught
- Have relevant industry experience
- Demonstrate active involvement in a process of industry relevant Continued Professional Development during the last two years

**Tutors**

Tutors must hold, or be working towards a teaching qualification.

The following are acceptable:

- Level 3 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 3 Award in Education and Training
- Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 4 Certificate in Teaching in the Lifelong Learning Sector (CTTLS)
- Level 4 Certificate in Education and Training
- Level 5 Diploma in Teaching in the Lifelong Learning Sector (DTTLS)
- Level 5 Diploma in Education and Training
- Certificate in Education

**Assessor**

Assessors must hold or be working towards any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment or
- Level 3 Award in Assessing Vocationally Related Achievement or
- Level 3 Award in Assessing Competence in the Work Environment or
- Level 3 Certificate in Assessing Vocational Achievement, or
- A1 (previously D32, D33)

### **Internal Verifier**

Internal verifiers must hold or be working towards any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice or
- V1 (previously D34)

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

### **QUALIFICATION STRUCTURE AND UNIT CONTENT**

This qualification comprises of two units, namely:

H/600/2580 Unit 1 – Introduction to Health and Fitness

T/600/2583 Unit 2 – Improving Personal Health and Fitness

Successful achievement of both units must be achieved for the full qualification.

Learning outcomes	Assessment Criteria
The learner will be able to:	The learner can:
1. Understand Health and Fitness	1.1 Define Health as a state of total mental, physical and social wellbeing 1.2 Define Fitness in order to meet the demands of the environment.
2. Know the components of fitness	2.1 List the different types of physical fitness, to include: <ul style="list-style-type: none"> <li>• Strength</li> <li>• Muscular endurance</li> <li>• Flexibility</li> <li>• Cardiovascular fitness (stamina)</li> </ul> 2.2 List the different types of skill-related fitness to include: <ul style="list-style-type: none"> <li>• Agility</li> <li>• Speed</li> <li>• Power</li> <li>• Balance</li> <li>• Coordination</li> </ul> 2.3 Give examples of activities which will train each component of physical fitness. 2.4 Give an example of why attitude is important in maintaining health and fitness
3. Know factors that affect health and fitness.	3.1 Indicate why it is important to keep a healthy weight. 3.2 List factors that affect health and fitness, to include: <ul style="list-style-type: none"> <li>• Diet</li> <li>• Smoking</li> <li>• Illness</li> <li>• Pregnancy</li> <li>• Age</li> <li>• Sex</li> <li>• Stress</li> <li>• Environment</li> </ul>
4. Know the benefits of exercise	4.1 List the psychological benefits of exercise 4.2 List the social benefits of exercise 4.3 List the physiological benefits of exercise
5. Understand the importance of a healthy balanced diet	5.1 Define a healthy balanced diet. 5.2 List the food groups of a healthy balanced diet 5.3 State how the body gets its fuel 5.4 Give examples of healthy foods for a balanced diet. 5.5 Respond to a food diary and make suggestions for improvement.
<b>Assessment</b>	Worksheet

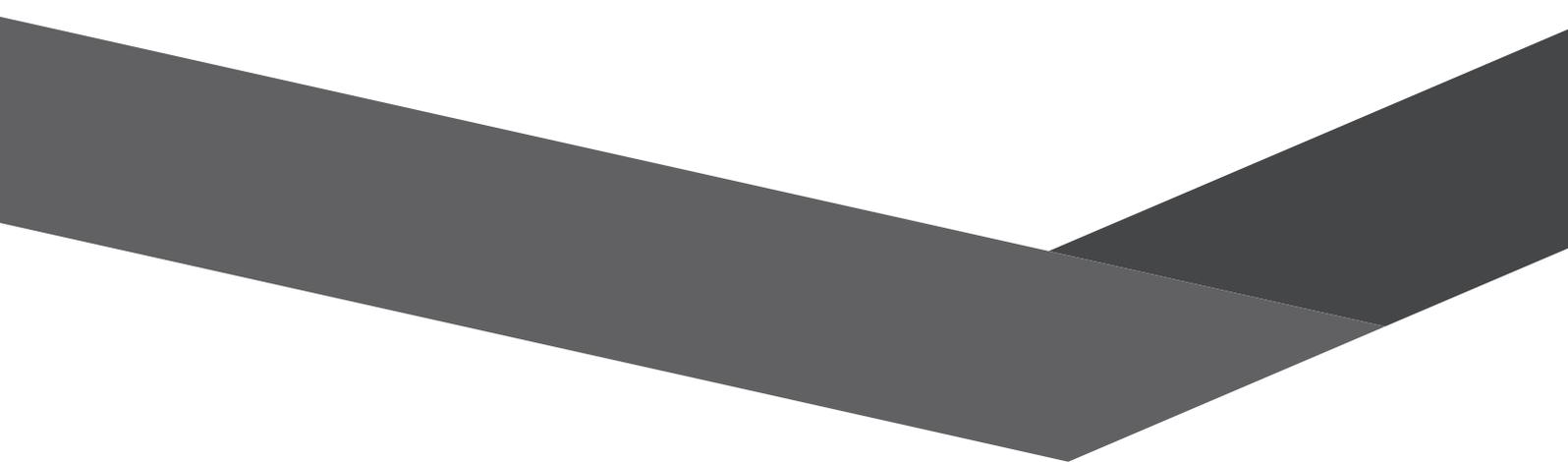
Learning outcomes	Assessment Criteria
The learner will be able to:	The learner can:
1. Understand what contributes to safe and effective physical activity routine	1.1 List barriers to exercise and give examples of how to overcome them. 1.2 State how to establish a fitness routine 1.3 List types of exercise and activity which can be included in fitness routine 1.4 Indicate ways of improving your fitness by changing your daily activity
2. Know the principles of training	2.1 Define the principles of training to include: <ul style="list-style-type: none"> <li>• Overload</li> <li>• Progression</li> <li>• Specificity</li> <li>• Reversibility</li> </ul>
3. Set SMART goals for personal health and fitness	3.1 State how to set SMART goals 3.2 Set personal health and fitness goals
4. Understand methods of injury prevention	4.1 List ways of preventing injury during exercise sessions, to include: <ul style="list-style-type: none"> <li>• Knowing your limitations</li> <li>• Warm-up and cool down</li> <li>• Checking equipment</li> <li>• Correct clothing and footwear</li> <li>• Obeying the rules</li> <li>• Safety precautions prior to exercise</li> </ul>
5. Understand the importance of personal hygiene	5.1 State the importance of personal hygiene 5.2 State the body's process for heat regulation (sweating) 5.3 List ways of maintaining personal hygiene
6. Participate in a series of activity sessions using safe and effective technique	6.1 Participate safely and effectively in activity sessions over a period of time. 6.2 Record activity participation on a personal activity log
<b>Assessment</b>	Internally Assessed Personal Activity Log (9 sessions minimum)

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