



GROUP X TRAINING LTD

Focus Awards Level 3 Award In Developing Exercise Sessions For Older Adults (RQF)

603/5493/8

TALK TO US

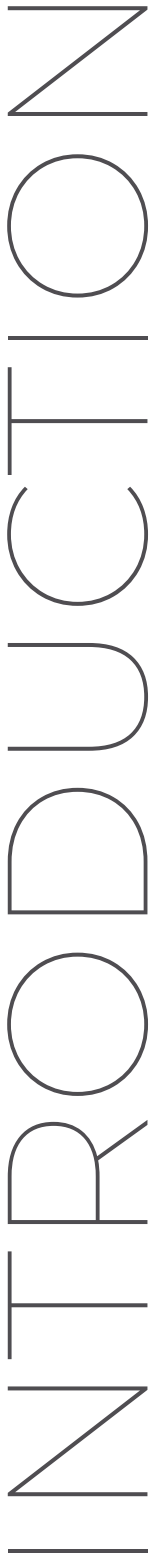
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Direct Link:

<https://www.groupxtraining.com/shop/level-3-award-in-designing-exercise-programmes-for-older-adults/>



Welcome to the Focus Awards Level 3 Award In Designing Exercise Sessions For Older Adults (RQF)

Do you want to teach the older demographic?

GXT provide this superb online experience with videos specific to fitness, yoga & Pilates for your practical content. It is so important that you are fully informed and qualified to teach this important special population.

STEP 1 We advise that you base your decision on how and what you want to learn. You must have a level 2 qualification to advance with this qualification.

STEP 2 Speak to your training provider and make sure that they can answer all of your questions openly and honestly.

STEP 3 Start with confidence in your decisions. You do not have to be part of any brand or organisation once qualified, you just have to make sure that your course is recognised, validated and up to date.

STEP 4 Enjoy it! With this qualification you will be an expert. Market your services in this way for ultimate success.

The beauty of this system is that once qualified at Level 2 you can build your qualifications to suit your teaching progression

MESSAGE FROM JAYNE NICHOLLS

I have taught group exercise successfully as a career for many years. As a fitness presenter & educator, I provide inspirational programs for qualified instructors eager to learn more

This Level 3 qualification is the perfect advancement to teach this special population. You will feel confident in the knowledge that older adults are safe in your sessions.

It is of ultimate importance that you have this qualification in order to be fully insured.



Direct contact
with our team
throughout your
learning journey
is our USP

QUALIFICATION DETAILS

QRN: 603/5493/8

Credit: 6

GLH: 12

TQT: 60

01

Qualification Purpose

The aim of this qualification is to develop learners' knowledge in understanding the older adult population, associated medical conditions, and physical activity considerations. Learners will develop their knowledge and ability in collecting client information to plan exercise for older adults, and adapt these exercises to meet their needs.

02

Learner Entry Requirements

Learners must hold a recognised Level 2 fitness instructing qualification or equivalent.

03

Age Ranges

Entry is at the discretion of the centre; however learners should be at least 16 to undertake this qualification.

04

Geographical Coverage

This qualification is available in England and Northern Ireland.

05

Reasonable Adjustments & Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations Policy'.

06

Assessment Methods

Each learner is required to create a portfolio of evidence which demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include;

- Assessor observation – completed observational checklists on related action plans
- Witness Testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Evidence may be drawn from actual or simulated situations where appropriate.

07

Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

- > Focus Awards Level 3 Certificate in Planning and Delivering Personal Training (RQF)
- > Focus Awards Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions (RQF)
- > Focus Award Level 4 Certificate in Developing Physical Activity and Weight Management Strategies for Diabetic Clients (RQF)
- Focus Awards Level 3 Diploma in Exercise Referral (RQF)

08

Useful Websites

You will find useful websites and supporting materials here:

- www.focusawards.org.uk/supportingmaterials
- www.ofqual.gov.uk

09

Qualification Structure/Rules Of Combination

In order to successfully complete the Focus Awards Level 3 Award in Developing Pre and Post Natal Exercise Sessions (RQF) learners must achieve a total of 5 credits from 2 mandatory units

QUALIFICATION UNITS

UNIT TITLE	LEVEL	GLH/CREDIT
Health Conditions in Older Adults - D/617/957	3	6/3
Designing Exercise Programmes for Older Adults - H/617/9579	3	6/3

Requirements For Tutors

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however; consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

Requirements For Assessors

Assessors will be required to hold, or be working towards a relevant assessing qualification. This may include qualifications such as the Level 3 Certificate in Assessing Vocational Achievement, or the Level 3 Award in Assessing Competence in the Work Environment. Focus Awards will however; consider other relevant assessing qualifications upon submission. Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor. Assessors must also be able to show they are occupationally competent within the sector area.

Requirements For Internal Quality Assurers (IQA)

Internal Quality Assurers should hold or be working towards the following an IQA qualification. This may include qualifications such as the VI (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however; consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.

100%

of the GXT team have taught fitness as a career path, successfully for many years.

YOUR NEXT STEPS

Where do you go from here? You need to be sure that the course suits you and your future as a specialist older adult instructor

Make sure that the theory work is comprehensive and thorough covering all aspects of teaching with practical input. Choose online, face to face or a mixture of both.

01

Do Your Due Diligence

Check out other training providers and make sure that they provide you with everything you need to teach in the real world

02

Book Your Course

Your course loads automatically into your account so that you can start right away. If you want to, chat before booking, call Jayne - 07989433969 or email jayne@groupxtraining.com

03

Take a zoom class with Jayne, Tabby & Jane

Test us out to see if you like what we do. Visit www.gxtstudio.com and book a class

TESTIMONIALS

See what our past learners think of the learning experience with GXT

Many thanks.

I'm delighted to be starting out on this journey and am grateful for all the teaching, help and support I've had throughout, and to know that there is ongoing encouragement, friendship & support.

Thank you again.

Louise Simpson

Thank you so much. Such a wonderful course and a wonderful journey.

Sarah Lampton

Thank you Jayne and thank you so much for this training. The experience I had with the provider I did my Level 3 PT with wasn't great, so I was amazed at the great service you/Sally provided!

Aimee Bloodworth

ACKNOWLEDGEMENTS

We are delighted to work with Focus Awards as our OFQUAL regulated awarding organisation

They are and allow us to be innovative, progressive, and customer-focused.

We do what we promise, on time, at an affordable price.

Endorsed by CIMSPA/REPs

We thank you for your continued support in our efforts to provide the very best fitness instructor training

CONTACT

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