Qualification Factsheet

Qualification overview

Qualification title	NCFE Active IQ Level 3 Certificate in Health and Wellbeing Coaching QN: 610/8286/7 NCFE Active IQ Level 3 Diploma in Health and Wellbeing Coaching QN: 610/8287/9		
Total qualification time (TQT)	Certificate: 250 Diploma: 375	**Guided learning hours (GLH)**	Certificate: 175 Diploma: 255
Entry requirements	Learners must be aged 16 or over. There are no specific prior skills/knowledge a learner must have for these qualifications. However, learners may find it helpful if they have already achieved a level 2 qualification in a relevant area, such as health, fitness, active leisure, health and social care, or wellbeing. Due to the practical nature of these qualifications, it is also necessary to have an appropriate level of fitness and basic communication skills pitched at level 2. Entry is at the discretion of the centre.		

About these qualifications

These qualifications are designed to develop knowledgeable, ethical and evidence-informed health and wellbeing coaches, who can apply person-centred, strengths-based coaching skills to support individuals in improving their health and wellbeing.

These qualifications equip learners with the knowledge, skills and professional behaviours required to facilitate sustainable behaviour change, and support individuals in achieving meaningful health and wellbeing outcomes. They are suitable for health and fitness professionals wishing to extend their expertise into holistic coaching, as well as those seeking a career in health and wellbeing coaching across corporate, community, and private sectors.

Qualification structure

Certificate

To be awarded this qualification, learners are required to successfully achieve 4 mandatory units.

Certificate mandatory units

Unit 01 Foundations of health and wellbeing coaching (D/652/4407)
Unit 02 Professional practice when working with clients (F/652/4408)
Unit 03 Coaching for positive behaviour change (H/652/4409)
Unit 04 Lifestyle programming, design and implementation (L/652/4410)

DRAFT

Diploma

To be awarded this qualification, learners are required to successfully achieve 6 mandatory units.

Diploma mandatory units

Unit 01 Foundations of health and wellbeing coaching (D/652/4407)
Unit 02 Professional practice when working with clients (F/652/4408)
Unit 03 Coaching for positive behaviour change (H/652/4409)
Unit 04 Lifestyle programming, design and implementation (L/652/4410)
Unit 05 Working with other professionals to support health and wellbeing (M/652/4411)
Unit 06 Commercial opportunities in health and wellbeing coaching (R/652/4412)

Assessment

Internally assessed and externally quality-assured portfolio of evidence.

Progression opportunities

Learners who achieve these qualifications could progress to the following:

- employment:
  - health and wellbeing coach
  - community or workplace wellbeing roles
  - self-employed health and wellbeing coach
- further education and professional development:
  - higher-level qualifications in health, wellbeing or coaching
  - specialist training in areas such as mental wellbeing, nutrition or behaviour change
- professional membership:
  - relevant professional membership within the health and wellbeing coaching sector.

DRAFT

Contact us

NCFE
Q6
Quorum Park
Benton Lane
Newcastle upon Tyne
NE12 8BT

Tel: 0191 239 8000*
Fax: 0191 239 8001
Email: customersupport@ncfe.org.uk
Website: www.ncfe.org.uk

DRAFT

NCFE © Copyright 2026 All rights reserved worldwide.

DRAFT/Version 1.0 November 2026
Information in this Qualification Factsheet is correct at the time of publishing but may be subject to change.

NCFE is a registered charity (Registered Charity No. 1034808) and a company limited by guarantee (Company No. 2896700).

CACHE; Council for Awards in Care, Health and Education; and NNEB and ACTIVE IQ are registered trademarks owned by NCFE.

All the material in this publication is protected by copyright.

To continue to improve our levels of customer service, telephone calls may be recorded for training and quality purposes.