Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 3 Diploma in Supporting Clients with Long-Term Conditions**		
Qualification number (QN)	603/5836/1		
Total qualification time (TQT)	674	**Guided learning hours (GLH)**	309
Entry requirements	Learners must be aged 16 or over. This qualification is designed for fitness professionals who wish to support clients/participants with physical activity, who have one or more long-term condition(s) and are within the scope of competence, or individuals looking to work in a clinical setting as part of a multi-disciplinary team focused on physical activity for patients with long-term conditions. Learners wishing to undertake this qualification must have a suitable level 2 qualification in fitness/gym instructing (not including instructing children), or one of the following: • a suitable level 3 qualification in personal training • Level 3 Diploma in Instructing Pilates Matwork • Level 3 Diploma in Teaching Yoga. There is also an element of communication (discussing, presenting, reading and writing) involved; learners should therefore have basic skills in communication pitched at level 1.		

About this qualification

The purpose of this qualification is to provide learners with the knowledge and skills necessary to be able to support clients living with a range of one or more long-term condition(s), by encouraging them to lead healthier, more active lives to better manage their symptoms through effective behaviour-change techniques, lifestyle advice and safe and effective exercise prescription.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve 5 mandatory units.

Mandatory units

Unit 01 Applied anatomy and physiology for exercise, health and fitness (F/615/4012)
Unit 02 The health landscape (A/618/1094)
Unit 03 Managing long-term conditions (F/618/1095)
Unit 04 Behaviour change for clients with long-term conditions (L/618/1097)
Unit 05 Planning and adapting physical activity for clients with long-term conditions (M/618/1108)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- further education:
  - Level 3 Diploma in Personal Training
  - Level 3 Diploma in Sports Massage Therapy.

Endorsement

This qualification is endorsed by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

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

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