Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 4 Certificate in Strength and Conditioning**		
Qualification number (QN)	603/1161/7		
Total qualification time (TQT)	278	**Guided learning hours (GLH)**	152
Entry requirements	Learners wanting to undertake this qualification will need to hold a level 3 personal training qualification, a level 3 coaching qualification (or equivalent) or a level 3 strength and conditioning qualification (or equivalent). Learners may also hold relevant higher education or further education qualifications that are equivalent to or higher than those listed above (such as physiotherapy, sports therapy).		

About this qualification

This qualification is designed to provide learners with the knowledge and skills to be able to plan, prepare, deliver and review strength and conditioning programmes that will help athletes to achieve their performance goals.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve **two units** from the mandatory units.

Mandatory units

Unit 01 Performance analysis of the activity and athlete (K/615/5266)
Unit 02 Plan, deliver and evaluate periodised performance-related strength and conditioning programmes (M/615/5267)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- further education:
  - NCFE Active IQ Level 4 Certificate in Sports Massage Therapy.

Contact us

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