Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 1 Award in Fitness and Physical Activity**		
Qualification number (QN)	601/4120/7		
Total qualification time (TQT)	90	**Guided learning hours (GLH)**	60
Entry requirements	There are no specific prior skills or knowledge a learner must have for this qualification. However, learners may find it helpful to have basic communication skills, including discussing, presenting, reading, and writing, pitched at level 2.		

About this qualification

This qualification will allow individuals to gain the underpinning knowledge and skills required to assist in leading safe and effective exercise sessions. It will also allow them to explore career opportunities within the active leisure sector, whilst also gaining an understanding of healthy eating and a healthy lifestyle.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve **three mandatory units** from Group A (**6 credits**), a minimum of **1 credit** from Group B and **2 credits** from Group C to make up the minimum of **9 credits** in total for the full award.

Mandatory units

Group A

Unit 01 Participate in physical activity in the fitness environment (K/600/9370)
Unit 02 Exercise and fitness knowledge (J/601/0011)
Unit 03 Exploring personal fitness (Y/601/0014)

Group B

Unit 04 Assist in the delivery of an exercise session (J/600/4256)
Unit 05 Understanding the health and fitness industry (R/600/4566)

Group C

Unit 06 Heathy eating (K/502/3355)
Unit 07 Healthy eating in personal development (A/501/3994)

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 2 Certificate in Leading Health-Related Activity Sessions.

Contact us

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