Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 1 Award in Active, Healthy Living**		
Qualification number (QN)	500/7855/0		
Total qualification time (TQT)	92	**Guided learning hours (GLH)**	78
Entry requirements	There are no specific prior skills/knowledge a learner must have for this qualification. However, learners may find it helpful if they have already achieved an entry level qualification.		

About this qualification

This qualification is designed for school leavers and those returning to education, including those considering a career in the fitness industry and anyone wishing to improve their knowledge of activity and exercise and wanting to adopt a healthier lifestyle for themselves.

Qualification structure

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

Mandatory units

Unit 01 How the body works (T/600/2549)
Unit 02 How to adopt an active, healthy lifestyle (K/600/2547)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- further education:
  - health and fitness qualifications
  - instructing exercise qualifications
  - nutrition and exercise performance qualifications.

Endorsement

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

Contact us

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