Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 1 Award in Assisting Sport and Physical Activity Sessions**		
Qualification number (QN)	603/6347/2		
Total qualification time (TQT)	40	**Guided learning hours (GLH)**	28
Entry requirements	There are no specific prior skills/knowledge a learner must have for this qualification. However, there is an element of communication (discussing, presenting, reading and writing) involved, and learners should have basic skills in communication, pitched at level 1.		

About this qualification

This qualification is designed to provide learners with the knowledge and skills to be able to assist with the planning, preparation and delivery of safe and effective sport and physical activity sessions.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve the **one** mandatory unit.

Mandatory units

Unit 01 Assist in the planning and delivery of a sport or physical activity session (R/616/7783)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- further education:
  - gym instructing qualifications
  - leading health-related activity sessions qualifications
  - leisure operations qualifications
- higher education:
  - apprenticeships within the active leisure sector.

Endorsement

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

Contact us

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