Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 3 Certificate in Physical Activity, Exercise and Referral for People with Long-Term Conditions**		
Qualification number (QN)	610/8000/7		
Total qualification time (TQT)	260	**Guided learning hours (GLH)**	155
Entry requirements	Learners must be aged 16 or over. This qualification is designed for qualified exercise professionals wishing to develop the knowledge and skills required to support people living with one or more long-term conditions to participate safely and effectively in physical activity and exercise. Learners should have achieved one of the following: • a suitable Level 2 qualification in fitness/gym instructing (not including instructing children) • a suitable Level 3 qualification in personal training • Level 3 Diploma in Instructing Pilates Matwork • Level 3 Diploma in Teaching Yoga • an equivalent qualification recognised by NCFE. And: • a suitable Level 3 Anatomy and Physiology unit covering the structure and function of the cardiorespiratory, musculoskeletal, nervous and endocrine systems, together with relevant functional kinesiology and biomechanics (this requirement may be met where Level 3 Anatomy and Physiology forms part of one of the prerequisite qualifications listed above, or through a suitable Level 3 Anatomy and Physiology unit achieved separately).		

About this qualification

This qualification aims to develop the knowledge and skills required to safely and effectively support people living with one or more long-term conditions to become and remain physically active.

The qualification develops learners' understanding of the UK long-term condition health context, prevalent long-term conditions, comorbidities and multimorbidities, and the implications of medical management for physical activity. Learners will also develop knowledge and skills in evidence-informed practice, behaviour change and self-management, screening and assessment, and the planning and adaptation of safe and effective physical activity programmes for people with long-term conditions.

Learners will gain the skills and knowledge to support individuals to improve their health, wellbeing and functional capacity through appropriate physical activity and exercise, while working within their professional scope of practice in collaboration with other health referral professionals, where appropriate.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve **4** units from the mandatory units.

Mandatory units

Unit 01 Understanding the long-term condition health context and professional practice (F/652/3897)
Unit 02 Understanding and managing long-term conditions (H/652/3898)
Unit 03 Supporting behaviour change and self-management for people with long-term conditions (M/652/3909)
Unit 04 Screening, planning and adapting physical activity for people with long-term conditions (F/652/3913)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- employment:
  - roles supporting people with long-term conditions to participate in physical activity and exercise within fitness, leisure, community and health-related settings
  - physical activity or exercise referral roles working with people with long-term conditions, subject to the requirements and scope of the employing or referring service
- further education:
  - specialist qualifications relating to exercise and specific long-term conditions or population groups
  - higher-level qualifications in physical activity, exercise, health, wellbeing or rehabilitation.

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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