Qualification Factsheet

Qualification overview

NCFE Active IQ Level 3 Sport and Physical Activity qualifications

Qualification title	NCFE Active IQ Level 3 Introductory Certificate in Sport and Physical Activity NCFE Active IQ Level 3 Certificate in Sport and Physical Activity NCFE Active IQ Level 3 Diploma (540) in Sport and Physical Activity NCFE Active IQ Level 3 Diploma (720) in Sport and Physical Activity NCFE Active IQ Level 3 Extended Diploma in Sport and Physical Activity		
Qualification number (QN)	Introductory Certificate: 601/8877/7 Certificate: 601/8878/9 Diploma (540): 601/8881/9 Diploma (720): 601/8882/0 Extended Diploma: 601/8883/2		
Total qualification time (TQT):	Introductory Certificate: 210 Certificate: 420 Diploma (540): 630 Diploma (720): 840 Extended Diploma: 1260	**Guided learning hours (GLH)**	Introductory Certificate: 180 Certificate: 360 Diploma (540): 540 Diploma (720): 720 Extended Diploma: 1080
Entry requirements:	These qualifications are designed for learners aged 16 and above. There are no specific recommended prior learning requirements for these qualifications. However, learners may find it helpful if they've already achieved a level 2 qualification.		

About these qualifications

These qualifications are designed to give learners the skills, knowledge and understanding of the sport and physical activity sector. These qualifications will act as a stepping stone to a range of occupations often through the route of higher education.

The objectives of these qualifications are to:

- allow learners to gain an in-depth understanding of the sport and physical activity sector
- give learners the opportunity to investigate career opportunities in the sport and physical activity sector
- allow learners to choose content which relates to their own interests, aspirations and progression choices.

Qualification structure

To be awarded these qualifications, learners are required to successfully complete a number of mandatory units and a number of optional units. Learners must choose a pathway from the following four options:

- Pathway 1: Sport and Exercise Science
- Pathway 2: Outdoors
- Pathway 3: Working in Sport and Leisure
- Pathway 4: Sports Coaching

Level 3 Introductory Certificate in Sport and Physical Activity

To be awarded the Level 3 Introductory Certificate in Sport and Physical Activity, learners are required to successfully complete 3 mandatory units depending on their chosen pathway.

Qualification mandatory units

Unit No	Unit title
J/508/4583	Exercise, health and lifestyle
D/508/4637	Preparing for a career in sport and physical activity

Pathway mandatory units

Sport and Exercise Science (SES)

Unit No	Unit title
L/508/4584	Principles of anatomy and physiology

Outdoors (OUT)

Unit No	Unit title
R/508/4585	Principles and practices in outdoor adventure

Working in Sport and Leisure (WIS)

Unit No	Unit title
Y/508/4586	Work experience in sport

Sports Coaching (COA)

Unit No	Unit title
D/508/4122	Sports coaching

Pathway 1: Sport and Exercise Science

To be awarded the Level 3 Certificate in Sport and Physical Activity (Sport and Exercise Science), learners are required to successfully complete **3 mandatory units and 3 optional units**.

To be awarded the Level 3 Diploma (540) in Sport and Physical Activity (Sport and Exercise Science), learners are required to successfully complete **3 mandatory units and 6 optional units**.

To be awarded the Level 3 Diploma (720) in Sport and Physical Activity (Sport and Exercise Science), learners are required to successfully complete **3 mandatory units and 9 optional units**.

To be awarded the Level 3 Extended Diploma in Sport and Physical Activity (Sport and Exercise Science), learners are required to successfully complete **3 mandatory units and 15 optional units**.

Qualification mandatory units

Unit No	Unit title
J/508/4583	Exercise, health and lifestyle
D/508/4637	Preparing for a career in sport and physical activity

Mandatory unit for Pathway 1: Sport and Exercise Science (SES)

Unit No	Unit title
L/508/4584	Principles of anatomy and physiology

Optional units for Pathway 1: Sport and Exercise Science (SEC)

Unit No	Unit title
T/508/4627	Applied exercise physiology
M/508/4626	Biomechanics
H/508/4591	Fitness testing for sport and exercise
F/508/4632	Laboratory and field based experiment methods
Y/508/4605	Research project in sport and exercise sciences
K/508/4592	Psychology for sports performance
K/508/4625	Applied sports psychology
D/508/4587	Practical team sports
H/508/4588	Practical individual sports
K/508/4589	The physiology of fitness
F/508/4582	Assessing risk in sport
D/508/4590	Fitness training and programming
Y/508/4622	Sports nutrition
M/508/4593	Technical and tactical skills in sport
T/508/4594	The athlete's lifestyle
A/508/4595	Current issues in sport
F/508/4596	Instructing physical activity and exercise
J/508/4597	Sports injuries
D/508/4122	Sports coaching
R/508/4599	Leadership in sport
A/508/4600	Analysis of sports performance
F/508/4601	Ethics and values in sport
L/508/4603	Sport and exercise massage
R/508/4604	Organising sports events

Unit No	Unit title
D/508/4606	Applied strength and conditioning
D/508/4623	Personal and professional development
Y/508/4586	Work experience in sport

Pathway 2: Outdoors

To be awarded the Level 3 Certificate in Sport and Physical Activity (Outdoors), learners are required to successfully complete **3 mandatory units and 3 optional units**.

To be awarded the Level 3 Diploma (540) in Sport and Physical Activity (Outdoors), learners are required to successfully complete **3 mandatory units and 6 optional units**.

To be awarded the Level 3 Diploma (720) in Sport and Physical Activity (Outdoors), learners are required to successfully complete **3 mandatory units and 9 optional units**.

To be awarded the Level 3 Extended Diploma in Sport and Physical Activity (Outdoors), learners are required to successfully complete **3 mandatory units and 15 optional units**.

Qualification mandatory units

Unit No	Unit title
J/508/4583	Exercise, health and lifestyle
D/508/4637	Preparing for a career in sport and physical activity

Mandatory units for Pathway 2: Outdoors (OUT)

Unit No	Unit title
R/508/4585	Principles and practices in outdoor adventure

Optional units for Pathway 2: Outdoors (OUT)

Unit No	Unit title
H/508/4607	Impact and sustainability in outdoor adventure
K/508/4608	Alternative pursuits for outdoor adventure
F/508/4615	Environmental education for outdoor adventure
J/508/4616	Equipment and facilities for outdoor and adventurous activities
H/508/4123	Skills for land-based outdoor and adventurous activities
K/508/4124	Skills for water-based outdoor and adventurous activities
M/508/4125	Outdoor and adventurous expeditions
R/508/4621	Managing facilities for sport and physical activity
F/508/4582	Assessing risk in sport
R/508/4599	Leadership in sport
Y/508/4619	Performance management in sport and physical activity businesses
D/508/4623	Personal and professional development

Unit No	Unit title
J/508/4602	Business in sport
H/508/4588	Practical individual sports
R/508/4604	Organising sports events
D/508/4587	Practical team sports
L/508/4598	Sport development
L/508/4584	Principles of anatomy and physiology
K/508/4592	Psychology for sports performance
A/508/4595	Current issues in sport
J/508/4597	Sports injuries
D/508/4122	Sports coaching
Y/508/4622	Sports nutrition
F/508/4601	Ethics and values in sport
L/508/4603	Sport and exercise massage
Y/508/4586	Work experience in sport
D/617/1089	Leading land based activities
R/617/1090	Leading water based activities

Pathway 3: Working in Sport and Leisure

To be awarded the Level 3 Certificate in Sport and Physical Activity (Working in Sport and Leisure), learners are required to successfully complete **3 mandatory units and 3 optional units**.

To be awarded the Level 3 Diploma (540) in Sport and Physical Activity (Working in Sport and Leisure), learners are required to successfully complete **3 mandatory units and 6 optional units**.

To be awarded the Level 3 Diploma (720) in Sport and Physical Activity (Working in Sport and Leisure), learners are required to successfully complete **3 mandatory units and 9 optional units**.

To be awarded the Level 3 Extended Diploma in Sport and Physical Activity (Working in Sport and Leisure), learners are required to successfully complete **3 mandatory units and 15 optional units**.

Qualification mandatory units

Unit No	Unit title
J/508/4583	Exercise, health and lifestyle
D/508/4637	Preparing for a career in sport and physical activity

Mandatory units for Pathway 3: Working in Sport and Leisure (WIS)

Unit No	Unit title
Y/508/4586	Work experience in sport

Optional units for Pathway 3: Working in Sport and Leisure (WIS)

Unit No	Unit title
D/508/4623	Personal and professional development
Y/508/4619	Performance management in sport and physical activity businesses
L/508/4620	Marketing skills for sport and physical activity
R/508/4621	Managing facilities for sport and physical activity
R/508/4618	Customer service in sport and physical activity
H/508/4638	Innovation and enterprise
L/508/4598	Sport development
D/508/4587	Practical team sports
H/508/4588	Practical individual sports
F/508/4582	Assessing risk in sport
D/508/4590	Fitness training and programming
H/508/4591	Fitness testing for sport and exercise
Y/508/4622	Sports nutrition
K/508/4592	Psychology for sports performance
A/508/4595	Current issues in sport
F/508/4596	Instructing physical activity and exercise
J/508/4597	Sports injuries
D/508/4122	Sports coaching
R/508/4599	Leadership in sport
M/508/4125	Outdoor and adventurous expeditions
A/508/4600	Analysis of sports performance
F/508/4601	Ethics and values in sport
J/508/4602	Business in sport
L/508/4603	Sport and exercise massage
R/508/4604	Organising sports events
D/508/4606	Applied strength and conditioning
L/508/4617	Supporting active healthy lifestyles in the local community
H/508/4624	Encouraging active lifestyles

Pathway 4: Sports Coaching

To be awarded the Level 3 Certificate in Sport and Physical Activity (Sports Coaching), learners are required to successfully complete **3 mandatory units and 3 optional units**.

To be awarded the Level 3 Diploma (540) in Sport and Physical Activity (Sports Coaching), learners are required to successfully complete **3 mandatory units and 6 optional units**.

To be awarded the Level 3 Diploma (720) in Sport and Physical Activity (Sports Coaching), learners are required to successfully complete **3 mandatory units and 9 optional units**.

To be awarded the Level 3 Extended Diploma in Sport and Physical Activity (Sports Coaching), learners are required to successfully complete **3 mandatory units and 15 optional units**.

Qualification mandatory units

Unit No	Unit title
J/508/4583	Exercise, health and lifestyle
D/508/4637	Preparing for a career in sport and physical activity

Mandatory units for Pathway 4: Sports Coaching (COA)

Unit No	Unit title
D/508/4122	Sports coaching

Optional units for Pathway 4: Sports Coaching (COA)

Unit No	Unit title
D/508/4587	Practical team sports
H/508/4588	Practical individual sports
R/508/4635	Coaching special populations
M/508/4593	Technical and tactical skills in sport
K/508/4592	Psychology for sports performance
A/508/4600	Analysis of sports performance
Y/508/4622	Sports nutrition
H/508/4591	Fitness testing for sport and exercise
F/508/4582	Assessing risk in sport
L/508/4584	Principles of anatomy and physiology
K/508/4589	The physiology of fitness
D/508/4590	Fitness training and programming
T/508/4594	The athlete's lifestyle
A/508/4595	Current issues in sport
F/508/4596	Instructing physical activity and exercise
J/508/4597	Sports injuries
L/508/4598	Sport development
R/508/4599	Leadership in sport
F/508/4601	Ethics and values in sport
J/508/4602	Business in sport
L/508/4603	Sport and exercise massage
R/508/4604	Organising sports events
D/508/4606	Applied strength and conditioning
D/508/4623	Personal and professional development
Y/508/4619	Performance management in sport and physical activity businesses
Y/508/4586	Work experience in sport
H/508/4638	Innovation and enterprise
L/508/4620	Marketing skills for sport and physical activity

Assessment

These qualifications include an internally assessed portfolio of evidence which is assessed by centre staff and externally quality assured by NCFE.

These qualifications are graded. The final grade for each of the qualifications is based on a structure of Not Yet Achieved, Pass, Merit, Distinction and Distinction*.

Progression opportunities

- Level 3 qualifications in Activity Leadership
- Level 3 Diploma in Exercise Referral
- Level 3 Diploma in Increasing Participation in Sport and Active Leisure in Community Settings
- Level 3 Diploma in Sport
- Level 3 Diploma in Sports Massage Therapy
- Level 3/Level 4 qualifications in Strength and Conditioning
- Apprenticeship in Personal Training
- outdoor coaching or instructor qualifications
- apprenticeships in various sectors within sport and physical activity
- degree in Sport and Exercise Science
- degree in Outdoor Adventure or Leadership
- degree in Sport and Leisure.

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