

## Qualification Purpose Statement: 1st4sport Level 2 Award Instructing in High Intensity Interval Training

Regulation					
Qualification details	Qualification title	Qualification No.	Level	GLHs <sup>1</sup>	TQT <sup>2</sup>
	1st4sport Level 2 Award in Instructing High Intensity Interval Training	603/0181/8	2	16	19
	Operational start date	01 August 2016			
	Review date	31 December 2019			
	Registration Period	1 Year			
Overview					
Introduction	<p>This qualification is solely awarded by 1st4sport Qualifications as the recognised awarding organisation regulated by Ofqual in England and Northern Ireland and Qualifications Wales in Wales. The technical content for this qualification has been developed in partnership with X-Treme Training Academy. The X-Treme Training Academy specialise in High Intensity Interval Training (HIIT) to the sport and leisure industry using XTREME training. X-Treme Training Academy support fitness clubs, improve performance, provide unique training music and provide business opportunities to the community, such as sports club venues, village halls, pub function rooms, scout huts, schools, colleges and universities can provide opportunities to generate an income for you and the venue.</p>				
	<p>The qualification is listed on the <i>Register of Regulated Qualifications</i>; component details are contained in the appendix to this specification. This qualification is equivalent to Level 3 on the European Qualifications Framework (EQF). Further information about the EQF can be found at: <a href="http://ec.europa.eu/eqf/home_en.htm">http://ec.europa.eu/eqf/home_en.htm</a></p>				

<sup>1</sup> Guided Learning Hours. GLHs for a specific qualification are defined as the number of hours of largely face-to-face tuition and assessment on-course; this includes all time spent on course-based learning and assessment activities.

<sup>2</sup> Total Qualification Time. TQT for a specific qualification is defined as the total number of notional hours required to achieve the qualification; this includes the GLHs, plus all off-course directed study time, including any time taken to complete any remote working/research/evidence generating activities.

<b>Objective</b>	<p>This qualification is designed to provide benefit to learners on the basis that it prepares them for employment as a HIIT instructor using X-Treme music. An individual who has successfully achieved this qualification will be able to safely plan, deliver and evaluate HIIT sessions. In attending the qualification, learners are introduced to X-Treme music and have an understanding of how to apply it to high intensity interval training. Learners have the understanding to provide safe and effective training classes to a range of individuals including children and adults.</p>				
<b>Structure</b>	<p>This qualification consists of two mandatory components. Learners must successfully complete both mandatory components in order to achieve the qualification.</p>				
	<b>Component title</b>	<b>Component aim</b>	<b>Accreditation no.</b>	<b>Level</b>	<b>GLHs</b>
	Understand High Intensity Interval training	To achieve an understanding of HIIT training and the knowledge to deliver an effective HIIT training programme.	H/615/0910	2	8
Provide High Intensity Interval Training using X-Treme music	To deliver a safe and effective HIIT training class and an understanding of the X-Treme music.	D/615/0906	2	8	
<b>Training and assessment</b>	<p>Achievement of the qualification is normally through attendance on a course of training and assessment. The assessment specification requires learners to:</p> <ul style="list-style-type: none"> <li>• complete a series of assessed tasks contained within their learner portfolio, provided by 1st4sport</li> <li>• plan, deliver and evaluate two HIIT sessions. The delivery of these sessions will be observed by the tutor/assessor.</li> </ul> <p>The written tasks within the learner portfolio and the practical demonstration are inclusive of all assessment criteria. Successful completion will result in the achievement of qualification.</p>				

Progression	
<b>Entry routes for learners</b>	<p>Prior to registration for the qualification learners are required to:</p> <ul style="list-style-type: none"> <li>• be appropriately identified</li> <li>• be at least 18 years of age</li> <li>• hold a level 2 qualification or above within the fitness industry or a recognised equivalent</li> <li>• be able to communicate effectively in English<sup>3</sup>.</li> </ul>
<b>Exit routes for learners: education</b>	<p>Holders of this qualification are able to progress onto a either a personal trainer qualification, which are designed to develop the learners necessary skills, knowledge and experience to work in the fitness industry.</p> <p>The skills and knowledge developed may be used to enable learners to progress to other industry-relevant qualifications in coaching sport including weight lifting or strength and conditioning. Other area that may be of interest include activity leadership, supporting PE in school sport and sports development.</p>
<b>Exit routes for learners: employment</b>	<p>This qualification may lead to paid employment or unpaid voluntary roles in instructing HIIT sessions to either a specific age group or a range of individuals. Other roles that the learner may consider exploring include Activity Leader, Official and Sports Volunteer.</p>
Market and Support	
<b>Target Audience: Learners</b>	<p>The qualification is designed for those who wish to become or are already involved in the fitness and leisure industry. This qualification would enable the learner to be able to delivery HIIT sessions independently to a range of age groups within a variety of environments.</p>
<b>Target audience: centres</b>	<p>The qualification is designed to be delivered through a range of centres which include (but is not limited to) gymnasiums, leisure centres, schools, colleges universities, sports clubs and training providers.</p>
<b>Target Audience: employers</b>	<p>The qualification is designed to support employers in the sport, active leisure and physical activity sector; supporting development pathways of employees and volunteers. Qualified and competent employees and volunteers in this sector supports the professionalisation of the industry, providing quality assured services and duty of care to stakeholders.</p>

<sup>3</sup> <sup>3</sup> Learners must be able to understand the requirements of and produce evidence for the qualification and the information within the qualification materials in English without assistance. Where there is demand, this qualification may also be available in Welsh or Irish.

<b>Alternatives:</b>	<p>There are no alternative qualifications for a learner wishing to deliver High Intensity Interval Training within the sector.</p> <p>1st4sport Qualifications also award a number of sport-specific coaching and fitness related qualifications at Level 2. A list of qualifications can be found at <a href="http://www.1st4sportqualifications.com/our_qualifications">www.1st4sportqualifications.com/our_qualifications</a></p>
<b>Support</b>	<p>This qualification is supported by X-Treme Training Academy the technical experts for High Intensity Interval Training and in addition are endorsed by British Weight Lifting (BWL) the national governing body and trade association for weight lifting in the UK. For further information, please see <a href="#">British Weight Lifting</a>.</p>