



Focus Awards Level 2 Certificate in Coaching Weight Lifting (RQF)

603/3943/3

Qualification Summary

Key Information

Level	Sector	Qualification Type
2	Sport, leisure, and recreation	Occupational
Total Qualification Time	Credit Value	Guided Learning Hours
160	16	49
Status	Methods of Assessment	Minimum Age
Available to learners	Portfolio of evidence	16



Contents

Qualification Summary.....	2
Contents	3
Qualification Purpose:.....	4
Age ranges.....	4
Geographical Coverage	4
Learner Entry Requirements.....	4
Reasonable Adjustments	5
Assessment Methods.....	5
Progression Routes.....	5
Supporting Material and Useful Websites.....	5
Qualification Structure	6

Focus Awards Level 2 Certificate in Coaching Weight Lifting (RQF)

QRN: 603/3943/3

GLH:49

TQT:160

Credit:16

Qualification Purpose:

The Focus Awards Level 2 Certificate in Coaching Weight Lifting (RQF) has been developed in partnership with British Weight Lifting and provides learners with an understanding of the roles and responsibilities of an independent coach in Weight Lifting, develop participant(s) in weight lifting and understanding participants and their development needs.

Learners will also understand the technical models for Weight Lifting, understand the basic competition requirements for Weight Lifting and to be able to prepare, deliver and evaluate a series of linked and progressive Weight Lifting coaching sessions and be able to correct basic technical faults.

The Focus Awards Level 2 Certificate in Coaching weight Lifting (RQF) is aimed at those learners who may wish to coach as part of a larger coaching team or independently.

Age ranges

Entry is at the discretion of the centre. However, learners should be aged 16 to undertake this qualification

Geographical Coverage

This qualification is available in England

Learner Entry Requirements

Learners should be competent in literacy and numeracy to help with elements of communication. This is at the discretion of the centre as they may decide to use diagnostic testing methods to ascertain how they can support learners.



Reasonable Adjustments

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations Policy'. A copy is available for download from the Focus Awards website at the following url:
<https://www.focusawards.org.uk/wp-content/uploads/2016/08/Reasonable-Adjustments.pdf>

Assessment Methods

This qualification is Internally Assessed. Each learner must create a portfolio of evidence that demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include some or all of the following:

- Assessor observation
- Witness testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

- Focus Awards Level 3 Certificate in Instructing Weight Training
- Focus Awards Level 2 Award in Instructing Weight Training
- Focus Awards Level 2 Award in Weightlifting

Supporting Material and Useful Websites

- <https://focusawards.org.uk/supportingmaterials>
- <https://ofqual.gov.uk>



Qualification Structure

In order to successfully achieve the Focus Awards Level 2 Certificate in Coaching in Weight Lifting (RQF), learners must complete the **three mandatory units totalling 16 credits**.

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Roles and responsibilities of an Independent coach in weight lifting	T/617/4029	2	10	21
Active coaching of an Independent Coach in Weight lifting	K/617/4027	2	4	14
Technical Model and Tactical Coaching for Weight Lifting	M/617/4028	2	2	14

Staff Requirements

Requirements for Tutors/Instructors

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however; consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

Requirements for Assessors

Assessors will be required to hold, or be working towards a relevant assessing qualification. This includes qualifications such as:

- Level 3 Award in Assessing Competence in the Work Environment
- Level 3 Award in Assessing Vocationally-Related Achievement
- Level 3 Certificate in Assessing Vocational Achievement

Focus Awards will however; consider other relevant assessing qualifications upon submission. Assessors who only hold the Level 3 Award in Understanding the Principles and Processes of Assessment will be required to complete an additional programme of study to achieve the relevant competency units required for one of the qualifications listed above.

Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor.

Assessors must also be able to show they are occupationally competent within the sector area

Requirements for Internal Quality Assurers (IQA)

Internal Quality Assurers should hold or be working towards the following an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however; consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.