



Focus Awards Level 4 Diploma in Teaching Yoga (RQF)

601/8117/5

Qualification Summary

Key Information

Level	Sector	Qualification Type
4	Sport, Leisure and Recreation	Occupational
Total Qualification Time	Credit Value	Guided Learning Hours
370	37	185
Status	Methods of Assessment	Minimum Age
Available to learners	Portfolio of evidence	18



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QRN: 601/8117/5
GLH: 185
TQT: 370
Credit: 37

Qualification Purpose:

The Focus Awards Level 4 Diploma in Teaching Yoga (RQF) is aimed at experienced yoga practitioners and those learners working in the fitness industry and want add teaching yoga to their portfolio of qualifications.

The Focus Awards level 4 Diploma in Teaching Yoga (RQF) will provide learners with the skills, knowledge and experience necessary to become competent and professional teachers of Yoga.

The purpose of the Focus Awards level 4 Diploma in Teaching Yoga (RQF) is to equip learners both professionally and practically to teach yoga asana, breathing practices, pranayama, relaxation and concentration/meditation to students with a wide variety of ability and experience with an underlying knowledge and understanding of yoga principles and philosophy.

Age ranges

Entry is at the discretion of the centre; however learners should be at least 16 to undertake this qualification.

Geographical Coverage

This qualification has been accredited for use in England and Northern Ireland.



Learner Entry Requirements

Learners are required to have a Level 2 in Anatomy and Physiology or equivalent, Level 3 Award in the Foundations of Yoga or equivalent and have practiced Yoga competently for a minimum 1 year.

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

The Focus Awards Level 4 Diploma in Teaching Yoga (RQF) is internally assessed and quality assured through IQA and EQA processes.

Each learner is required to create portfolio of evidence which demonstrates achievement of all the learning outcomes and the assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include:

- Assessor observation– completed observational checklists on related action plans
- Witness testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports

Progression Routes

There are no relevant accredited qualifications that learners can progress onto. Learners may wish to move into more specialist training such as Yoga for Pregnancy, Yoga for Healthy Backs, Yoga for Special Needs, Yoga for Children and Yoga Therapy.

Supporting Material and Useful Websites

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

Qualification Structure

In order to successfully achieve the Focus Awards Level 4 Diploma in Teaching Yoga (RQF) learners must complete all 5 Mandatory units.

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Teaching Yoga as a Profession	A/507/4567	4	4	40
Planning and Delivering Yoga Classes	R/507/4526	4	8	80
Understanding and applying the Philosophy of Yoga	Y/507/4544	4	9	90
Teaching Asana to meet the Needs of Mixed Ability Students	Y/507/4589	4	8	80
Finding the Breath	F/507/4487	4	8	80

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.