

YMCA Award in Supporting Participation in Physical Activity: Disability and Impairment Level 3



In a nutshell

The purpose of this qualification is to provide learners with the knowledge and skills necessary to support inclusive working in a physical activity setting. These essential elements are required for industry recognition as an instructor of physical activity and exercise for individuals with disabilities and impairments.

This course is for you if...

Completing this qualification will allow existing exercise and fitness instructors to expand their scope of practice to include working with clients with disabilities and impairments.

What will I be doing?

To achieve the YMCA Level 3 Award in Supporting Participation in Physical Activity: Disability and Impairment, learners must complete the following:



COURSE INFORMATION LEAFLET

Principles of working inclusively with individuals with disabilities and impairments
A basic awareness of safeguarding adults and adults at risk

What is expected of me?

This qualification has been designed for learners who:

- are 16+ years old
- hold an appropriate sport/exercise or fitness qualification mapped to a CIMSPA occupational professional standard.
- are able to communicate effectively with individuals and groups

In order to have developed teaching skills and confidence, it is recommended that learners have at least 6 months experience planning and delivering exercise sessions before taking this qualification.

What comes next?

This qualification can lead to further training at the same and/or higher levels in a range of qualifications. For example:

- YMCA Level 2 Award in Delivering Chair-Based Exercise (600/5924/2)
- YMCA Level 3 Award in Supporting Participation in Physical Activity: Older adults (610/1668/8)
- YMCA Level 3 Award in Supporting Participation in Physical Activity: Perinatal (610/0829/1)
- YMCA Level 3 Award in Emergency First Aid at Work (603/1902/1)
- YMCA Level 3 Award in First Aid at Work (603/1903/3)
- YMCA Level 3 Diploma in Exercise Referral (603/3103/3)

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