Sports, Active Health & Fitness

Qualifications & Fees

UK 2021-22 (GBP)

iTEC VTCT

Sports, Active Health & Fitness

Welcome to our 2021-2022 world-class iTEC & VTCT Qualifications portfolio.

Combined, iTEC & VTCT have been Awarding Organisations for over 120 years and offer high-quality, regulated qualifications and assessments in over 40 countries.

You will find included in this book our career pathway, which clearly illustrates the number of career options available. You can use this tool as you assist your learners in planning their dream career. Free copies are available to download through these links: itecworld.co.uk/pathways or vtct.org.uk/pathways

This book also includes the minimum expenditure requirements, services fees, unit fees and price lists, for your information.

Following each price list is a brief description of the qualifications available from 1 August 2021. More in-depth information on these qualifications can be found on our websites through these links: itecworld.co.uk/find-a-qualification or vtct.org.uk/find-a-qualification

We want you to have the most up-to-date information; therefore we will always include the latest version of every important document behind the centre login sections of the websites. We encourage you to refer to this section for updates and to access the latest copy of the price list.

Contents

- Minimum Spend Requirements 4
- Service Fees 5
- Unit Fees 7
- VTCT (ITEC) Mental Health Suite 8
- COVID-19 Prerequisites 9
- Career Pathway 10
- Applied General 11
- VRQ 12
- NVQ 21
- Apprenticeship Packages (Wales) 22
- Functional Skills 23
- Glossary of Terms 24

Minimum Spend Requirements

To ensure we can continue to provide a high level of service to all of our centres through our External Quality Assurance, Examinations, Customer Support and ICT services, we have created the service fee structure presented on the following page.

iTEC Centres

For all iTEC centres, we have a minimum cohort fee of £700. The fee for iTEC qualifications is based on the requirement for a practical examination. Your centre will be invoiced for the difference between your booking and the minimum cohort fee of £700.

VTCT Centres

For all VTCT centres located in the United Kingdom, the amount of the minimum expenditure is £700. If on 31st July your Annual Expenditure remains below £700, you will receive an invoice for the difference e.g. if as a centre you have only been invoiced a total of £500, you will then be invoiced for the £200 shortfall. The invoice will be dated the 31st July and VTCT's usual 30 day payment terms will apply.

Dual Branded Centres

VTCT has in place a minimum expenditure requirement for each financial year (1st August – 31st July). Any centre that wants to offer both iTEC & VTCT qualifications within the UK will be required to meet a minimum expenditure of £700.

Only spend which results in an invoice directly to your VTCT provision can contribute to your minimum expenditure requirement. All iTEC qualifications will be invoiced as per the iTEC minimum cohort fee (see above). Please note: Invoices relating to practical bookings will not contribute towards VTCT minimum expenditure due to their different quality assurance arrangements.

Exceptions

There is a minimum cohort fee of £500 for centres offering Level 4 & 5 Non-medical Aesthetic qualifications. If the minimum fee is not met by the number of students being examined, the difference will be invoiced to meet the £500 value.

For centres only delivering the Technical Award qualification (AM20530), the minimum expenditure requirement is £500.

For centres only delivering the new Apprenticeship Standards qualifications, there is no minimum expenditure requirement. These qualifications are assessed through separately chargeable End-point Assessments.

UK Service Fees

Service Fees	iTEC 2021-22	VTCT 2021-22
Centre Approval Fees		
Initial approval visit / Registration Fee	£900.00	£900.00
Additional site / centre / venue fee	£750.00	£750.00
Re-approval / Re-Inspection Fee	£900.00	£900.00
Visit for approval of a further qualification sector	£300.00	£300.00
Additional advisory visit as a result of risks picked up within verification	£450.00	£450.00
Additional centre requested training/support visit (subject to requirements)	From £300.00	From £300.00
Cancellation of an agreed and planned visit	£450.00	£450.00
VTCT / iTEC Approved Centre Certificate (issued after completion of approval process)	FREE	FREE
Replacement or duplicate copy of Approved Centre Certificate	£5.00	£5.00
Qualification Category Fee	£200.00	£200.00
Practical Examination Fees		
Minimum Fee for Practical Examination held at a college	£700.00	
Late Fee (includes late additions) per learner	£15.00	
Marking of re-submitted Case Studies/Late Case Study Submission	£25.00	
Administration Fee	£10.00	
Learner Fees		
Learner withdrawn within 30 days of registration – Non-practical qualification **NB:** This does not apply to Functional Skills qualifications. No credit will be issued upon learner withdrawal from Functional Skills qualifications.		Credit note issued less £5.50 administration fee
Transfer between qualifications within 30 days of registration - Non-practical qualification		Credit note issued for original registration fee less £5.50 administration fee New invoice raised
Amendment to learner personal details	£15.00	£15.00
Amendment to learner registration details after certificate has been issued (replacement certificate issued)	£50.00	£50.00
Transfer of registered learner to qualification with lower/higher registration fee after 30 days from registration		£15.00 (difference in costs non-refundable/invoiced) *
Transfer between Functional Skills/Core Skills (level or subject)		£15.00
Registered learner moving to a new approved centre (provided registration is valid)	Applicable qualification fee invoiced to new centre	Applicable qualification fee invoiced to new centre

UK Service Fees

Service Fees	iTEC 2021-22	VTCT 2021-22
Examination and moderation fees		
Theory examination and moderation entries later than published deadlines (no entries are permitted beyond a critical point)	£35.00 (per assessment, per candidate)	£35.00 (per assessment, per candidate)
Enquiry About Results (EARs) fee – (Refunded should EAR be successful)	£15.00 (per assessment)	£15.00 (per assessment)
Paper test entries (requiring dispatch and / or marking)		£3.50 (per test entry)
Appeal about results – (Refunded should appeal be successful)	£150.00	£150.00
Application for Recognition of Prior Learning (RPL)	£25.00	
Re-sit for all non-automated and practical examinations (excludes NVQ or VRQ) due to referral or non- attendance or re-submission of coursework	£15.00 (per assessment)	£15.00 (per assessment)
Re-sit for examinations for NVQ or VRQs due to referral or non-attendance or re- submission of coursework	£5.00 (per assessment)	£15.00 (per assessment)
Certification and transcript fees		
Certification	Included in registration fees	Included in registration fees
Replacement of correctly issued certificate	£35.00	£35.00
Provision of a letter of confirmation of qualification awarded	£60.00	£60.00
Resit and Re-enrolment fees (per qualification)		
Theory & Practical: per candidate per examination within the same booking	1 exam = £20.00	1 exam = £15.00
	2 exams = £25.00	
	3 exams = £30.00	
	4 exams = £35.00	
	5 exams = £40.00	

Unit Fees (VTCT)

In addition to our complete portfolio of world-class qualifications, VTCT offers the opportunity to purchase individual units from certain qualifications. The purpose of our individual units is to allow learners to supplement knowledge or demonstrate achievement of specific skills. These units can be added on to other qualifications.

Credit value is used to determine the prices for individual units. If a unit has no credit value assigned to it, Guided Learning Hours (GLH) are used to determine price.

VTCT unit books can be purchased through our Digital Store Front and a link to this site can be found through Linx2Product.

Number of Units	Price
Units priced by Credit Values	
01-09	£37.00
10-12	£56.35
13-29	£65.50
30-36	£89.25
37-69	£106.60
70-129	£123.40
130+	£130.00
Units priced by GLH	
<21 GLH	£35.20
21-50	£56.35
51-100	£65.50
101-150	£89.25
>150	£106.60

If you have any queries or cannot find the information you require, please email our customer support team on customersupport@vtct.org.uk

VTCT (ITEC) Mental Health Suite

Throughout these qualifications, learners will develop their knowledge and understanding of a range of mental health conditions, their causes, signs and symptoms and ways in which these conditions will be managed. The qualification will also aim to raise awareness of the issues surrounding mental health and dispel some of the myths and misconceptions often linked to mental health.

QN	Product Code	Qualification Title	2021-22 Price
603/6456/7	MH1A1	VTCT (ITEC) Level 1 Award in Mental Health Awareness	**£20.00**
603/7105/5	MH2C1	VTCT (ITEC) Level 2 Certificate in Mental Health Awareness	**£35.00**

- **VTCT (ITEC) Level 1 Award in Mental Health Awareness**

  The VTCT (ITEC) Level 1 Award in Mental Health Awareness is a VRQ aimed at learners aged 14+ who are either in a full-time education programme, a part time programme at a college or with a private training provider, and wish to develop an understanding of a range of issues which may affect the mental health of people, how to identify common mental health conditions and offer support for people with mental health conditions.

  TQT **10** GLH **6**

- **VTCT (ITEC) Level 2 Certificate in Mental Health Awareness**

  The VTCT (ITEC) Level 2 Certificate in Mental Health Awareness is a VRQ aimed at learners aged 16+ who are either in a full-time education programme, a part time programme at a college or with a private training provider. The purpose of the qualification is to provide learners with an understanding of mental health and mental ill-health. Learners will develop knowledge of a range of mental health conditions, the issues surrounding mental health and the legal frameworks that impact on the quality of care provided.

  TQT **132** GLH **120**

VTCT (ITEC) Level 2 Awards in Infection Prevention (COVID-19)

In response to the Coronavirus pandemic, we have developed a number of sector-specific, Government regulated COVID-19 Infection Prevention qualifications for different industries. These Level 2 awards are now prerequisites for a number of qualifications; you can see which qualifications these apply to by looking for this symbol (●) in the tables throughout this book. They will have a corresponding symbol to the qualifications on this page.

With each of these qualifications, learners will develop knowledge on the importance of social responsibility, the causes, transmission and effects of COVID-19, and the methods used to control transmission, such as correct hand hygiene and the use of Personal Protective Equipment (PPE). They will also gain an understanding of the safe working practices required in order to protect themselves and their clients.

QN	Product Code	Qualification Title	2021-22 Price
603/5912/2	1 IP2A1	VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) **for Hairdressing and Barbering Services**	**£20.00**
603/6159/1	2 IP2A2	VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) **for Beauty Therapy and Nail Services**	**£20.00**
603/6160/8	3 IP2A3	VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) **for Make-up Services**	**£20.00**
603/6161/X	4 IP2A4	VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) **for Complementary Therapies and Sports Massage**	**£20.00**
603/6162/1	5 IP2A5	VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) **for Sport and Fitness Sessions**	**£20.00**
603/6163/3	6 IP2A6	VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) **for Beauty Retail Services**	**£20.00**
603/6164/5	7 IP2A7	VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) **for Clinical Aesthetics**	**£20.00**

- **VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Complementary Therapies and Sports Massage**

  The VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Complementary Therapies and Sports Massage is a knowledge-based qualification aimed at complementary and sports massage therapists, who need to understand the COVID-19 infection prevention methods required in the working environment in order to maintain high levels of health and safety in the provision of their services to clients.

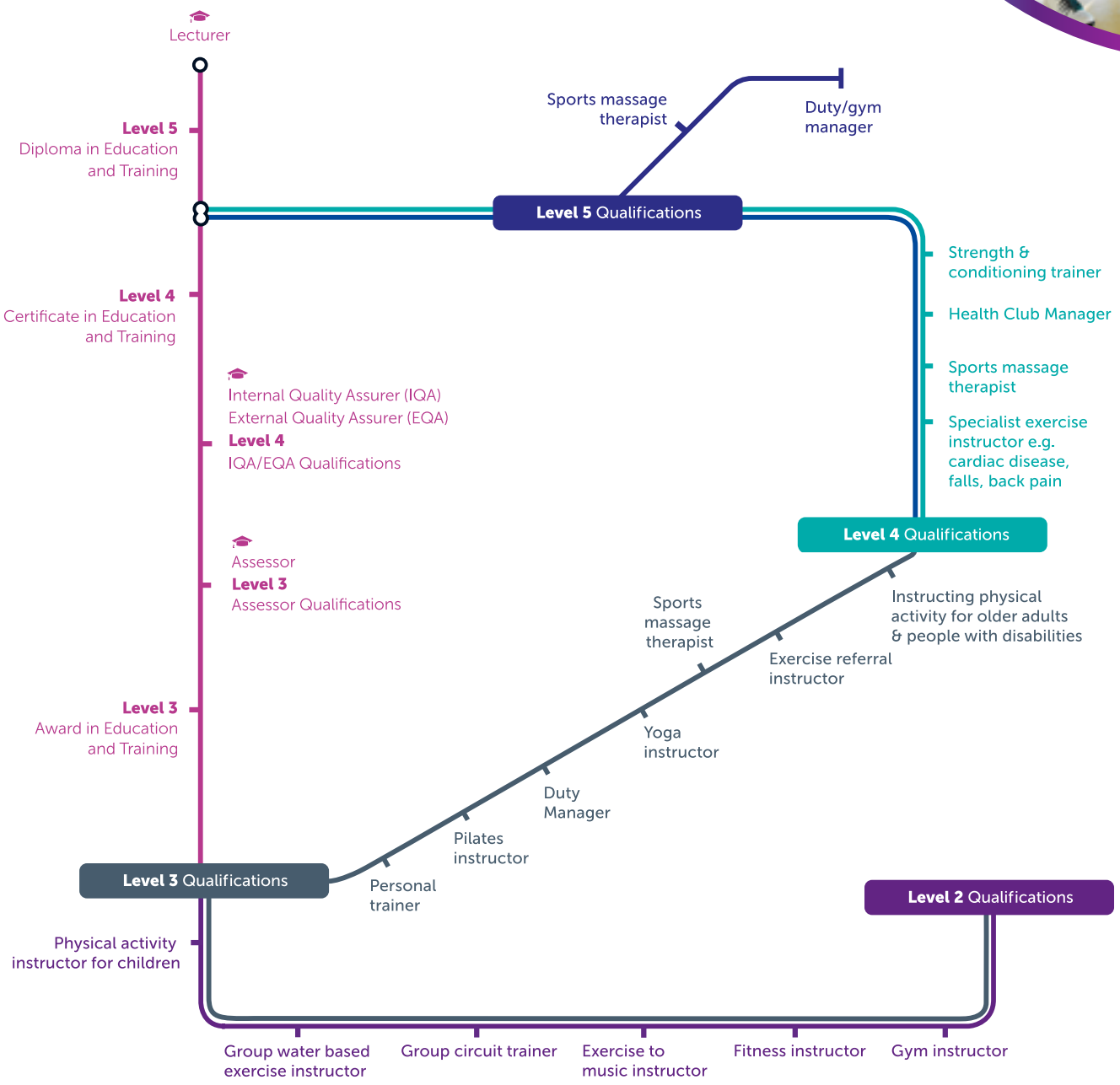
  GLH **4** Units **1**

- **VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Sport and Fitness Sessions**

  The VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Sport and Fitness Sessions is a knowledge-based qualification aimed at gym instructors, fitness instructors and personal trainers who need to understand the COVID-19 infection prevention methods required in order to maintain high levels of health and safety in the provision of their services to clients.

  GLH **4** Units **1**

Sports, Active Health & Fitness Career Paths



Key

Level 2 **Level 3** **Level 4** **Level 5** **Assessor & Education qualifications**

Applied General

Level 3 qualifications for post-16 students who want to continue their education through applied learning, approved by the Department for Education and eligible for performance table reporting and UCAS points.

QN	Product Code	Qualification Title (See below for qualification details)	2021-22 Price
Applied General Level 3 – Sport and Exercise Sciences			
603/3074/0	S SP3C16	VTCT Level 3 National Certificate in Sport and Exercise Sciences	**£92.50**
603/3075/2	S SP3EC1	VTCT Level 3 National Extended Certificate in Sport and Exercise Sciences	**£100.00**
603/3076/4	S SP3D26	VTCT Level 3 National Foundation Diploma in Sport and Exercise Sciences	**£116.50**
603/3077/6	S SP3D27	VTCT Level 3 National Diploma in Sport and Exercise Sciences	**£145.00**
603/3078/8	S SP3ED25	VTCT Level 3 National Extended Diploma in Sport and Exercise Sciences	**£167.00**

Applied General Level 3 – Sport and Exercise Sciences

VTCT's National Certificates and Diplomas in Sport and Exercise Sciences are applied general qualifications that provide learners with the knowledge, understanding and skills to progress to higher education in a range of sports and exercise science related disciplines. VTCT's qualifications are intended for the UCAS Tariff and are formally recognised as fit for purpose by higher education institutions across the UK for entry onto their sport and other related degree programmes.

- **VTCT Level 3 National Certificate in Sport and Exercise Sciences** – SP3C16 S
  TQT **225** GLH **182**

- **VTCT Level 3 National Extended Certificate in Sport and Exercise Sciences** – SP3EC1 S
  TQT **435** GLH **362**

- **VTCT Level 3 National Foundation Diploma in Sport and Exercise Sciences** – SP3D26 S
  TQT **645** GLH **542**

- **VTCT Level 3 National Diploma in Sport and Exercise Sciences** – SP3D27 S
  TQT **840** GLH **720**

- **VTCT Level 3 National Extended Diploma in Sport and Exercise Sciences** – SP3ED25 S
  TQT **1305** GLH **1100**

S Requires a prerequisite COVID-19 course.

VRQ

Vocationally Related Qualifications, often classroom taught, broader in scope than NVQs and leading to further training or employment in a related sector.

QN	Product Code	Qualification Title (See below for qualification details)	2021-22 Price
VRQ Level 1			
600/8784/5	AF10485	VTCT Level 1 Certificate in Sport and Active Leisure Studies	**£84.00**
VRQ Level 2			
600/6156/X	❺ AF20452	VTCT Level 2 Award in Delivering Chair-Based Exercise	**£52.00**
600/7035/3	❺ AF20469	VTCT Level 2 Award in Instructing Kettlebell Training Sessions	**£52.00**
603/4491/X	❺ iSP2A1	VTCT (ITEC) Level 2 Award in Instructing Kettlebell Training Sessions	**£62.00**
603/4492/1	❺ iSP2A2	VTCT (ITEC) Level 2 Award in Instructing Studio Cycling Sessions	**£62.00**
603/4472/6	❺ iSP2A3	VTCT (ITEC) Level 2 Award in Instructing Suspension Training	**£62.00**
603/4475/1	❺ iSP2A4	VTCT (ITEC) Level 2 Award in Instructing Strength and Conditioning Sessions	**£62.00**
603/4481/7	❺ iSP2C4	VTCT (ITEC) Level 2 Certificate in Fitness Instructing (Exercise to Music)	**£83.00**
603/4483/0	❺ iSP2C5	VTCT (ITEC) Level 2 Certificate in Fitness Instructing (Gym-Based Exercise)	**£83.00**
500/8722/8	❺ AF20092	VTCT Level 2 Certificate in Fitness Instructing (Gym-Based Exercise)	**£72.50**
500/8722/8	❺ AF20093	VTCT Level 2 Certificate in Fitness Instructing (Water-Based Exercise)	**£72.50**
500/8722/8	❺ AF20094	VTCT Level 2 Certificate in Fitness Instructing (Exercise to Music)	**£72.50**
500/8722/8	❺ AF20095	VTCT Level 2 Certificate in Fitness Instructing (Exercise and Physical Activity for Children)	**£72.50**
603/3668/7	❺ SP2C7	VTCT Level 2 Certificate in Instructing Gym-based Exercise	**£72.50**
603/3853/2	❺ SP2C8	VTCT Level 2 Certificate in Instructing Group Exercise to Music	**£92.50**
603/3873/8	❺ SP2C9	VTCT Level 2 Certificate in Instructing Group Circuit Training	**£41.00**
603/3876/3	❺ SP2C10	VTCT Level 2 Certificate in Instructing Group Water-based Exercise	**£72.50**
603/6319/8	❺ SP2C11	VTCT Level 2 Certificate in Instructing Group Studio Cycling	**£67.50**
603/6320/4	❺ SP2C12	VTCT (ITEC) Level 2 Certificate in Instructing Strength and Conditioning	**£83.00**
600/8631/2	❺ AF20486	VTCT Level 2 Diploma in Exercise, Health and Fitness Studies	**£105.00**
600/8632/4	❺ AF20487	VTCT Level 2 Diploma in Sports Studies	**£108.00**
603/4477/5	❺ iSP2D3	VTCT (ITEC) Level 2 Diploma in Fitness and Exercise Instruction	**£89.50**
VRQ Level 3			
500/9525/0	❹ AF30024	VTCT Level 3 Award in Taping and Strapping for Sport and Active Leisure	**£52.00**
501/1577/7	AF30081	VTCT Level 3 Award in Nutrition for Physical Activity	**£52.00**
501/0496/2	❹ AF30083	VTCT Level 3 Award in Applying Hot and Cold Techniques in Sport and Active Leisure	**£52.00**
600/6735/4	❺ AF30455	VTCT Level 3 Award in Designing Physical Activity Programmes for Antenatal and Postnatal Clients	**£41.00**
600/6738/X	❺ AF30456	VTCT Level 3 Award in Designing Physical Activity Programmes for Older Adults	**£41.00**
500/8645/5	AM30085	VTCT Level 3 Award in Anatomical and Physiological Knowledge of Body Systems	**£41.00**
603/3669/9	❺ SP3C18	VTCT Level 3 Certificate in Personal Training	**£92.50**
500/8721/6	❺ AF30079	VTCT Level 3 Certificate in Personal Training	**£92.50**
600/4756/2	❺ AF30401	VTCT Level 3 Diploma in Exercise Referral	**£105.00**
600/7050/X	❺ AF30473	VTCT Level 3 Diploma in Instructing Mat-Based Pilates	**£105.00**
600/8635/X	❺ AF30489	VTCT Level 3 Diploma in Preventing Injuries in Sport and Active Leisure	**£122.00**
603/0980/5	❺ SP3D25	VTCT Level 3 Diploma in Yoga Instructing	**£109.00**
603/3854/4	❺ SP3D33	VTCT Level 3 Combined Diploma in Personal Training	**£108.00**
601/4323/X	❺ SP3D5	VTCT Level 3 Diploma in Personal Training (Gym Based Exercise)	**£108.00**
601/4618/7	❹ SP3D6	VTCT Level 3 Diploma in Sports Massage Therapy	**£105.00**
603/4503/2	❹ iSP3D28	VTCT (ITEC) Level 3 Extended Diploma in Sports Massage	**£89.50**
603/4485/4	❺ iSP3D29	VTCT (ITEC) Level 3 Diploma in Pilates Teaching	**£89.50**
603/4488/X	❺ iSP3D30	VTCT (ITEC) Level 3 Diploma in Yoga Teaching	**£89.50**
603/4495/7	❺ iSP3D31	VTCT (ITEC) Level 3 Diploma in Personal Training (Gym-Based Exercise)	**£89.50**
603/4501/9	❹ iSP3D32	VTCT (ITEC) Level 3 Diploma in Sports Massage	**£89.50**

● Requires a prerequisite COVID-19 course.

VRQ Level 4			
603/1376/6	❺ SP4A1	VTCT Level 4 Award in Strength and Conditioning	**£63.00**
600/9981/1	❺ AF40524	VTCT Level 4 Certificate in Exercise for Management of Low Back Pain	**£75.50**
601/4648/5	❹ SP4C1	VTCT Level 4 Certificate in Sports Massage Therapy	**£75.50**
603/4497/0	❹ iSP4C2	VTCT (ITEC) Level 4 Certificate in Sports Massage	**£89.50**
VRQ Level 5			
601/5325/8	❹ SP5C1	VTCT Level 5 Certificate in Sports Massage Therapy	**£100.00**
603/4499/4	❹ iSP5C2	VTCT (ITEC) Level 5 Certificate in Sports Massage	**£89.50**

● Requires a prerequisite COVID-19 course.

VRQ Level 1

- **VTCT Level 1 Certificate in Sport and Active Leisure Studies** – AF10485

  This qualification has been specifically designed for the 16-19 age group and will give an introduction to sport and active leisure. Learners will develop the requisite knowledge and skills needed to plan their own fitness regimes, plan and assist in the leading of activity sessions and they will be encouraged to take part in regular exercise.

  Credits **36** TQT **360** GLH **285**

VRQ Level 2

- **VTCT Level 2 Award in Delivering Chair-Based Exercise** – AF20452 ❺

  This is a specialist qualification that will develop knowledge, understanding and skills to effectively deliver chair-based exercise sessions.

  Credits **6** TQT **60** GLH **37**

- **VTCT Level 2 Award in Instructing Kettlebell Training Sessions** – AF20469 ❺

  This qualification has been specifically designed to develop learners' practical skills to plan, prepare, instruct and reflect upon kettlebell training sessions, providing continuous professional development for those with existing fitness qualifications. Through this qualification learners will develop an understanding of the history, benefits and health and safety considerations when training with kettlebells.

  Credits **3** TQT **30** GLH **16**

- **VTCT (ITEC) Level 2 Award in Instructing Kettlebell Training Sessions** – iSP2A1 ❺

  The main aim of the VTCT (ITEC) Level 2 Award in Instructing Kettlebell Training Sessions is to enable learners to gain the necessary practical and theoretical skills in order to provide kettlebell training sessions to the general public and to gain employment in the sports and fitness industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2. It also provides a sound platform into further training at level 2 and 3.

  Credits **3** TQT **30** GLH **16**

- **VTCT (ITEC) Level 2 Award in Instructing Studio Cycling Sessions** – iSP2A2 ❺

  The main aim of the VTCT (ITEC) Level 2 Award in Instructing Studio Cycling Sessions is to enable learners to gain the necessary practical and theoretical skills in order to provide studio cycling sessions to the general public and to gain employment in the sports and fitness industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2. It also provides a sound platform into further training at level 2 and 3.

  Credits **4** TQT **40** GLH **28**

- **VTCT (ITEC) Level 2 Award in Instructing Suspension Training** – iSP2A3 ❺

  The main aim of the VTCT (ITEC) Level 2 Award in Instructing Suspension Training is to enable learners to gain the necessary practical and theoretical skills in order to provide suspension training sessions to the general public and to gain employment in the sports and fitness industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2. It also provides a sound platform into further training at level 2 and 3.

  Credits **4** TQT **40** GLH **20**

- **VTCT (ITEC) Level 2 Award in Instructing Strength and Conditioning Sessions** – iSP2A4 ❺

  The main aim of the VTCT (ITEC) Level 2 Award in Instructing Strength and Conditioning Sessions is to enable learners to gain the necessary practical and theoretical skills in order to provide strength and conditioning sessions to the general public and to gain employment in the fitness industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2. It also provides a sound platform into further training at level 2 and 3.

  Credits **4** TQT **40** GLH **20**

● Requires a prerequisite COVID-19 course.

- **VTCT (ITEC) Level 2 Certificate in Fitness Instructing (Exercise to Music)** – iSP2C4 ❺

  The main aim of the VTCT (ITEC) Level 2 Certificate in Fitness Instructing (Exercise to Music) is to enable learners to gain the necessary practical and theoretical skills as an introduction into the fitness sector. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2. It also provides a sound platform into further training at level 2 and 3.

  Credits **24** TQT **240** GLH **159**

- **VTCT (ITEC) Level 2 Certificate in Fitness Instructing (Gym-Based Exercise)** – iSP2C5 ❺

  The main aim of the VTCT (ITEC) Level 2 Certificate in Fitness Instructing (Gym-based Exercise) is to enable learners to gain the necessary practical and theoretical skills as an introduction into the fitness sector. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2. It also provides a sound platform into further training at level 2 and 3.

  Credits **24** TQT **240** GLH **158**

- **VTCT Level 2 Certificate in Fitness Instructing (Gym-Based Exercise)** – AF20092 ❺

  The VTCT Level 2 Certificate in Fitness Instructing is a substantial vocational qualification that develops the knowledge, understanding and technical skills needed for a career in sport and active leisure as an employed/self-employed fitness instructor. This qualification has been specifically designed for the 16+ age group. The qualification is based on fitness National Occupational Standards (NOS). Learners must choose a specific area (pathway) within fitness instructing that they wish to specialise.

  Credits **24** TQT **240** GLH **157**

- **VTCT Level 2 Certificate in Fitness Instructing (Water-Based Exercise)** – AF20093 ❺

  The VTCT Level 2 Certificate in Fitness Instructing is a substantial vocational qualification that develops the knowledge, understanding and technical skills needed for a career in sport and active leisure as an employed/self-employed fitness instructor. This qualification has been specifically designed for the 16+ age group. The qualification is based on fitness National Occupational Standards (NOS). Learners must choose a specific area (pathway) within fitness instructing that they wish to specialise.

  Credits **25** TQT **250** GLH **157**

- **VTCT Level 2 Certificate in Fitness Instructing (Exercise to Music)** – AF20094 ❺

  The VTCT Level 2 Certificate in Fitness Instructing is a substantial vocational qualification that develops the knowledge, understanding and technical skills needed for a career in sport and active leisure as an employed/self-employed fitness instructor. This qualification has been specifically designed for the 16+ age group. The qualification is based on fitness National Occupational Standards (NOS). Learners must choose a specific area (pathway) within fitness instructing that they wish to specialise.

  Credits **24** TQT **240** GLH **157**

- **VTCT Level 2 Certificate in Fitness Instructing (Exercise and Physical Activity for Children)** – AF20095 ❺

  The VTCT Level 2 Certificate in Fitness Instructing is a substantial vocational qualification that develops the knowledge, understanding and technical skills needed for a career in sport and active leisure as an employed/self-employed fitness instructor. This qualification has been specifically designed for the 16+ age group. The qualification is based on fitness National Occupational Standards (NOS). Learners must choose a specific area (pathway) within fitness instructing that they wish to specialise.

  Credits **23** TQT **230** GLH **157**

- **VTCT Level 2 Certificate in Fitness Instructing Gym-Based Exercise** – SP2C7 ❺

  The qualification includes all the required elements to work effectively as a gym instructor. Throughout this qualification, learners will develop their knowledge and understanding of relevant anatomy and physiology. They will also develop the knowledge, understanding and skills to prescreen clients and check their readiness to exercise, health and safety and induct individuals and small groups to gym equipment.

  TQT **270** GLH **165**

● Requires a prerequisite COVID-19 course.

- **VTCT Level 2 Certificate in Instructing Group Exercise to Music** – SP2C8 ●

  The qualification includes all the required elements to work effectively as a group exercise to music instructor. Learners will develop the knowledge and skills to plan group exercise to music sessions. They will learn how to design and structure group exercise to music sessions to train different components of fitness.

  TQT **243** GLH **157**

- **VTCT Level 2 Certificate in Instructing Group Circuit Training** – SP2C9 ●

  The qualification includes all the required elements to work effectively as a group circuit trainer. Throughout this qualification, learners will develop their knowledge and understanding of relevant anatomy and physiology. They will also develop the knowledge, understanding and skills to pre-screen clients and check their readiness to exercise and follow health and safety practices in a health and fitness environment.

  TQT **243** GLH **157**

- **VTCT Level 2 Certificate in Instructing Group Water-based Exercise** – SP2C10 ●

  This is a substantial vocational qualification that develops the knowledge, understanding and technical skills needed for a career in sport and active leisure as an employed/self-employed fitness instructor. Learners will develop the knowledge and skills needed to plan and instruct water-based exercise classes for apparently healthy adults of all ages; they will also learn how to provide effective support for clients who take part in exercise and physical activity.

  TQT **243** GLH **157**

- **VTCT Level 2 Certificate in Instructing Group Studio Cycling** – SP2C11 ●

  This qualification is an Occupational Qualification aimed at learners aged 16+ who are either in a full-time Level 2 education programme, a part time programme at a college or with a private training provider, and wish to pursue a career within the fitness industry as a group studio cycling instructor. The qualification is based on the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for group exercise instructor.

  TQT **243** GLH **157**

- **VTCT (ITEC) Level 2 Certificate in Instructing Strength and Conditioning** – SP2C12 ●

  This qualification is an Occupational Qualification aimed at learners aged 16+ who are either in a full-time Level 2 education programme, a part time programme at a college or with a private training provider, who wish to pursue a career within the fitness industry as a group strength and conditioning training instructor. The qualification is based on the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for strength and conditioning trainer.

  TQT **243** GLH **157**

- **VTCT Level 2 Diploma in Exercise, Health and Fitness Studies** – AF20486 ●

  This is a substantial vocational qualification that develops the knowledge, understanding and technical skills needed to become a fitness instructor in gym-based exercise.

  Credits **43** TQT **430** GLH **310**

- **VTCT Level 2 Diploma in Sports Studies** – AF20487 ●

  This is a vocational qualification that will support the learners progression to a technical level qualification in sport, active health and fitness.

  Credits **55** TQT **550** GLH **330**

- **VTCT (ITEC) Level 2 Diploma in Fitness and Exercise Instruction** – iSP2D3 ●

  The main aim of the VTCT (ITEC) Level 2 Diploma in Fitness and Exercise Instruction is to enable learners to gain the necessary practical and theoretical skills as an introduction into the fitness sector. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2. It also provides a sound platform into further training at level 2 and 3.

  Credits **54** TQT **540** GLH **342**

● Requires a prerequisite COVID-19 course.

VRQ Level 3

- **VTCT Level 3 Award in Taping and Strapping for Sport and Active Leisure** – AF30024 4

  This is a qualification that has been designed to develop the skills, knowledge and understanding needed to apply taping and strapping to prevent and manage injury prevent and manage injury in sport and active leisure.

  Credits **5** TQT **50** GLH **32**

- **VTCT Level 3 Award in Nutrition for Physical Activity**- AF30081

  This is a qualification that has been designed to enhance knowledge of nutrition for physical activity.

  Credits **6** TQT **60** GLH **40**

- **VTCT Level 3 Award in Applying Hot and Cold Techniques in Sport and Active Leisure** – AF30083 4

  This is a qualification that has been designed to develop the skills, knowledge and understanding needed to apply hot and cold techniques to prevent and manage injury in sport and active leisure.

  Credits **5** TQT **50** GLH **32**

- **VTCT Level 3 Award in Designing Physical Activity Programmes for Antenatal and Postnatal Clients** – AF30455 5

  This is a specialist vocational qualification focused on developing the knowledge, understanding and skills needed for working with this specialist population. Throughout this qualification learners will develop an in-depth understanding of the physiological and biomechanical changes associated with pregnancy, the key considerations when programming physical activity for antenatal and postnatal clients and the benefits of physical activity.

  Credits **6** TQT **60** GLH **36**

- **VTCT Level 3 Award in Designing Physical Activity Programmes for Older Adults** – AF30456 5

  This is a specialist vocational qualification focused on developing the knowledge, understanding and skills needed for working with this specialist population. Throughout this qualification learners will develop an in-depth understanding of the physical, physiological and biomechanical changes that occur with ageing and the impact these factors can have on individuals.

  Credits **6** TQT **60** GLH **34**

- **VTCT Level 3 Award in Anatomical and Physiological Knowledge of Body Systems** – AM30085

  This is a qualification that has been specifically designed to give learners knowledge and understanding of the main systems of the body.

  Credits **7** TQT **70** GLH **60**

- **VTCT Level 3 Certificate in Personal Training** – SP3C18 5

  This is a vocational qualification that includes all the required elements to work effectively as a personal trainer, it includes anatomy and physiology for exercise and health, principles of exercise, fitness and health, supporting clients who take part in exercise and physical activity, health, safety and welfare in a fitness environment, nutrition, and programming and delivering personal training sessions.

  TQT **289** GLH **208**

- **VTCT Level 3 Certificate in Personal Training** – AF30079 5

  This is a substantial vocational qualification that will prepare learners for a career as a personal trainer. This qualification is designed for learners aged 16 years or over and will support them to gain employment as a personal trainer in a variety of work settings, as the units contained in this qualification cover all the skills and knowledge required for this role.

  Credits **36** TQT **360** GLH **245**

- **VTCT Level 3 Diploma in Exercise Referral** – AF30401 ❺

  This is a technical level qualification that provides learners with the knowledge, understanding and skills to work as an exercise referral instructor, planning and delivering safe and effective programmes for patients with a number of medical conditions.

  Credits **38** TQT **380** GLH **242**

- **VTCT Level 3 Diploma in Instructing Mat-Based Pilates** – AF30473 ❺

  The primary outcome of this qualification is to prepare you to enter the specific sector of health and fitness instructing as a Pilates instructor.

  Credits **37** TQT **370** GLH **240**

- **VTCT Level 3 Diploma in Preventing Injuries in Sport and Active Leisure** – AF30489 ❺

  This is a technical level qualification that provides learners with the knowledge, understanding and skills to work as an employed and/or self-employed sports massage therapist.

  Credits **63** TQT **630** GLH **408**

- **VTCT Level 3 Diploma in Yoga Instructing** – SP3D25 ❺

  This qualification will prepare learners for a career in the sport, active health and fitness industry as a yoga instructor.

  TQT **401** GLH **278**

- **VTCT Level 3 Combined Diploma in Personal Training** – SP3D33 ❺

  The qualification includes the required elements to work as a gym instructor and personal trainer. Learners will develop their knowledge and understanding of relevant anatomy and physiology in an applied context. They will also develop the knowledge, understanding and skills to pre-screen clients, consult with clients and follow health and safety practices, gather relevant lifestyle information and conduct fitness assessments. Learners will develop skills to induct individuals and groups to gym equipment and design and deliver personal training sessions, provide appropriate healthy eating guidance and support clients with changing lifestyle behaviours to promote health and wellbeing.

  TQT **559** GLH **373**

- **VTCT Level 3 Diploma in Personal Training (Gym Based Exercise)** – SP3D5 ❺

  This Personal Training (Gym Based Exercise) qualification is for learners seeking to work in the health and fitness industry as a personal trainer, specialising in gym based exercise. This qualification has been specifically designed for the 16-19 age group and is based on fitness National Occupational Standards (NOS).

  Credits **52** TQT **370** GLH **225**

- **VTCT Level 3 Diploma in Sports Massage Therapy** – SP3D6 ❹

  This is a technical level qualification aimed at developing the knowledge, understanding and technical skills needed for a career as a Sports Massage Therapist, either employed or self employed.

  Credits **37** TQT **520** GLH **346**

- **VTCT (ITEC) Level 3 Extended Diploma in Sports Massage** – iSP3D28 ❹

  The main aim of the VTCT (ITEC) Level 3 Extended Diploma in Sports Massage is to enable learners to gain the necessary practical and theoretical skills in order to provide sports massage treatments to the general public and to gain employment in the sports industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

  TQT **373** GLH **225**

● Requires a prerequisite COVID-19 course.

- **VTCT (ITEC) Level 3 Diploma in Pilates Teaching** – iSP3D29 ❺

  The main aim of the VTCT (ITEC) Level 3 Diploma in Pilates Teaching is to enable learners to gain the necessary practical and theoretical skills in order to plan and instruct Pilates and provide Pilates teaching to the general public and to gain employment in the fitness industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

  Credits **37** TQT **370** GLH **210**

- **VTCT (ITEC) Level 3 Diploma in Yoga Teaching**- iSP3D30 ❺

  The main aim of the VTCT (ITEC) Level 3 Diploma in Yoga Teaching is to enable learners to gain the necessary practical and theoretical skills in order to plan and instruct yoga and provide yoga teaching to the general public and to gain employment in the fitness industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

  Credits **37** TQT **370** GLH **210**

- **VTCT (ITEC) Level 3 Diploma in Personal Training (Gym-Based Exercise)** – iSP3D31 ❺

  The main aim of the VTCT (ITEC) Level 3 Diploma in Personal Training (Gym-based Exercise) is to enable learners to gain the necessary practical and theoretical skills in order to provide personal training and gym-based exercise to the general public and to gain employment in the fitness industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

  Credits **52** TQT **520** GLH **346**

- **VTCT (ITEC) Level 3 Diploma in Sports Massage** – iSP3D32 ❹

  The main aim of the VTCT (ITEC) Level 3 Diploma in Sports Massage is to enable learners to gain the necessary practical and theoretical skills in order to provide sports massage therapy treatments to the general public and to gain employment in the sports industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

  Credits **37** TQT **370** GLH **225**

● Requires a prerequisite COVID-19 course.

VRQ Level 4

- **VTCT Level 4 Award in Strength and Conditioning** – SP4A1 ❺

  This is aimed at learners aged 18+ who wish to pursue a career as a strength and conditioning coach.

  TQT **126** GLH **42**

- **VTCT Level 4 Certificate in Exercise for Management of Low Back Pain** – AF40524 ❺

  The primary outcome of this qualification is to prepare learners to enter the specialist sector of exercise referral specifically working as an exercise referral instructor, with clients with low back pain.

  Credits **16** TQT **160** GLH **91**

- **VTCT Level 4 Certificate in Sports Massage Therapy** – SP4C1 ❹

  This is a vocational qualification that will prepare learners for a career as a sports massage practitioner working with injured clients.

  Credits **19** TQT **190** GLH **128**

- **VTCT (ITEC) Level 4 Certificate in Sports Massage** – iSP4C2 ❹

  The main aim of the VTCT (ITEC) Level 4 Certificate in Sports Massage is to enable learners to gain the necessary practical and theoretical skills in order to provide sports massage therapy treatments to the general public and to gain employment in the sports industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 4.

VRQ Level 5

- **VTCT Level 5 Certificate in Sports Massage Therapy** – SP5C1 ❹

  This qualification will enable learners to work with non-acute recent injuries and pre-existing conditions for restorative and corrective purposes, with focus on posture, gait, ligamentous and neural conditions.

  Credits **25** TQT **250** GLH **127**

- **VTCT (ITEC) Level 5 Certificate in Sports Massage** – iSP5C2 ❹

  The main aim of the VTCT (ITEC) Level 5 Certificate in Sports Massage is to enable learners to gain the necessary practical and theoretical skills in order to provide sports massage therapy treatments to the general public and to gain employment in the sports industry. This qualification is suitable for learners aged 18 and over and is designed to provide occupational competence at level 5. It also provides a sound platform into further training at level 5 and above.

  Credits **25** TQT **250** GLH **127**

● Requires a prerequisite COVID-19 course.

NVQ

Assessed in the workplace and based on National Occupational Standards, generally leading to the development of a specific skill within an occupation.

QN	Product Code	Qualification Title (See below for qualification details)	2021-22 Price
NVQ Level 2			
501/0718/5	❺ AF20100	VTCT Level 2 NVQ Diploma in Instructing Exercise and Fitness – Gym-Based Exercise	**£66.50**
501/0718/5	AF20101	VTCT Level 2 NVQ Diploma in Instructing Exercise and Fitness – Water-Based Exercise	**£66.50**
501/0718/5	AF20102	VTCT Level 2 NVQ Diploma in Instructing Exercise and Fitness – Exercise to Music	**£66.50**
501/0718/5	AF20103	VTCT Level 2 NVQ Diploma in Instructing Exercise and Fitness – Exercise and Physical Activity for Children	**£66.50**

NVQ Level 2

- **VTCT Level 2 NVQ Diploma in Instructing Exercise and Fitness – Gym-Based Exercise** – AF20100 ❺

  This is a competence-based qualification that underpins the role of a fitness instructor in the context of the gym.

  Credits **39** TQT **390** GLH **242**

- **VTCT Level 2 NVQ Diploma in Instructing Exercise and Fitness – Water-Based Exercise** – AF20101

  This is a competence-based qualification that underpins the role of a fitness instructor in the context of water- based exercise.

  Credits **38** TQT **390** GLH **242**

- **VTCT Level 2 NVQ Diploma in Instructing Exercise and Fitness – Exercise to Music** – AF20102

  This is a competence-based qualification that underpins the role of a fitness instructor in the context of exercise to music.

  Credits **38** TQT **390** GLH **242**

- **VTCT Level 2 NVQ Diploma in Instructing Exercise and Fitness – Exercise and Physical Activity for Children** – AF20103

  This is a competence-based qualification that underpins the role of a fitness instructor in the context of exercise and physical activity for children.

  Credits **37** TQT **370** GLH **242**

● Requires a prerequisite COVID-19 course.

Apprenticeship Packages (Wales)

Packages comprising the necessary elements to complete an Apprenticeship.

A VTCT Apprenticeship package in Wales includes a competence qualification, a knowledge qualification and employment rights and responsibilities (ERR) (where applicable).

Product Code	Qualification Title (See below for qualification details)	2021-22 Price
Apprenticeship Packages (Wales) Foundation		
AI20109	Foundation Apprenticeship in Instructing Exercise and Fitness (Wales)	**£100.00**
AI20111	Foundation Apprenticeship in Activity Leadership (Wales)	**£100.00**
Apprenticeship Packages (Wales) Advanced		
AA30110	Apprenticeship in Advanced Fitness (Wales)	**£106.00**

Functional Skills

Qualifications which teach post-16 and adult learners in England how to apply practical Maths, English and ICT skills to real-life and vocational contexts.

QN	Product Code	Qualification Title (See below for qualification details)	2021-22 Price
Functional Skills Level 1			
603/4608/5	RFSE1	Skillsfirst Level 1 Functional Skills Qualification in English	**£16.00**
603/4807/0	RFSM1	Skillsfirst Level 1 Functional Skills Qualification in Mathematics	**£16.00**
Functional Skills Level 2			
603/4606/1	RFSE2	Skillsfirst Level 2 Functional Skills Qualification in English	**£16.00**
603/4808/2	RFSM2	Skillsfirst Level 2 Functional Skills Qualification in Mathematics	**£16.00**

Glossary of Terms

The following terms are used throughout this book. Please see below for clarification on any of these terms. If you find you still have additional questions about any of our qualification listings, please contact Customer Support directly.

Award: This describes the size of a qualification in terms of Total Qualification Time (TQT) (comprising both supervised and unsupervised study) required by an average learner. An Award has a TQT of 120 hours or less.

Certificate: This describes the size of a qualification in terms of Total Qualification Time (TQT) (comprising both supervised and un-supervised study) required by an average learner. A Certificate has a TQT of 121-369 hours.

Credits: This is the number of credits awarded upon successful achievement of all unit outcomes. Credit is a numerical value that represents a means of recognising, measuring, valuing and comparing achievement.

Diploma: This describes the size of a qualification in terms of Total Qualification Time (TQT) (comprising both supervised and un-supervised study) required by an average learner. A Diploma has a TQT of 370 hours or more.

GLH: This refers to Guided Learning Hours. These are defined as all times when a member of staff is present to give specific guidance towards the learning aim being studied on a programme. It includes any activity of a learner in being taught or instructed by – or otherwise participating in education or training under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training. No learner is required to take a certain amount of time; some may take less and some may take more time. Qualifications can sit at different levels, but require similar or different amounts of study and assessment time.

Product Code: This is a unique, identifying code which is assigned to every qualification. The code identifies the sector, level and qualification type. You can learn more about product codes here: itecworld.co.uk/qualification-product-codes.

QN: This is the unique number assigned to a qualification upon successful submission to Ofqual's Register of Regulated Qualifications.

Qualification Title: Some qualifications have had title amendments to ensure they are most representative of the qualification's content.

TQT: This is the Total Qualification Time, a term used within qualifications regulated by Ofqual as part of the Regulated Qualification Framework (RQF). It aims to provide an indication of the minimum length of time it would take the average learner to complete their qualification. This includes the number of hours an awarding organisation has assigned to a qualification for Guided Learning and an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study, or any other form of participation in education or training. This includes assessment, which takes place as directed – but, unlike Guided Learning, not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

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