



VTCT



APPRENTICESHIPS IN
WALES

Sports, Active Health & Fitness

About VTCT

VTCT is a UK Government-approved awarding organisation which has awarded world class qualifications since 1962. Through our strategic approach to sectors we support, we aim to advance education, research and the public dissemination of knowledge, by helping to introduce new initiatives into the education system, to improve the employability and career prospects of learners.

More than 1000 approved centres now work with VTCT, and the ever-expanding list extends across the UK, Ireland, and internationally. We acquired the internationally recognised awarding organisation and examination board iTEC in 2016, adding to our footprint. We also acquired education technology specialists Digital Assess in the same year, adding value for training providers with technology that can digitally capture and assess learners online, amongst other innovations.

For more information, please visit www.vtct.org.uk or contact our dedicated Customer Support Team via email; customersupport@vtct.org.uk or call +44 (0)23 8068 4500.

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What is included in a VTCT Apprenticeship?

VTCT prides itself on its all-inclusive and exceptional value for money Apprenticeship packages. VTCT Apprenticeship packages include all framework components as outlined in the Specifications of Apprenticeship Standards for Wales (SASW).

A VTCT Apprenticeship package includes:

- » Lifetime registration fee
- » Competence qualification
- » Knowledge qualification (sometimes referred to as a technical certificate) (where applicable)
- » Transferable skills e.g. Essential skills
- » Employment Rights and Responsibilities (ERR) (where applicable)
- » Learner e-portfolio
- » Online assessments

All components of VTCT Apprenticeships can also be purchased individually.

Using this booklet

VTCT provides a number of apprenticeship packages in England; the components that must be achieved are detailed for each specific Apprenticeship package.

This section briefly explains the components that make up Apprenticeship frameworks. All components can also be purchased individually.

Package number	Each VTCT Apprenticeship has a unique package number. This is simply a reference code that can be used when contacting VTCT.
Apprenticeship title	This is the overarching title of the Apprenticeship framework. There may be more than one Apprenticeship with the same title. Be sure to check the 'Pathway' and 'Competence qualification' prior to registering learners.
Package product code	This is the code that you must use to register learners. All codes relate to Intermediate Apprenticeships and AA codes to Advanced Apprenticeships.
Pathway	Apprenticeship frameworks may include a number of different pathways, which are largely determined by the competence qualification.
Competence qualification	This qualification confirms occupational competence, which is the ability to apply knowledge and skills within the workplace. This component is made up of either a National Vocational Qualification (NVQ) or Vocationally Related Qualification (VRQ). All frameworks include a competence qualification.
Knowledge qualification	Also referred to as a technical certificate, this component provides the underpinning knowledge to support the competence qualification. Many frameworks do not have a knowledge qualification.
Transferable skills	Transferable skills is made up of Essential Skills (ES) including communication, application of number and ICT. Each framework stipulates the minimum transferable skills requirements. The general rule of thumb is that Level 1 or above must be achieved for Foundation Apprenticeships, and Level 2 or above for Apprenticeships. Whilst the majority of frameworks only require communication and application of number components to be achieved, some also require ICT.
Employment rights and responsibilities	Employment rights and responsibilities is included in all frameworks. This may take the form of a qualification or a workbook. Alternatively, ERR may be embedded in knowledge qualifications. The ERR requirements are clearly stipulated for each Apprenticeship framework.
Claiming for an Apprenticeship certificate	The Apprenticeship framework owner, usually the relevant Sector Skills Council, is responsible for issuing Apprenticeship framework certificates. VTCT issues certificates for all individual qualifications completed within a framework (i.e. competence and knowledge qualifications, ES and ERR (if applicable)).

It is the responsibility of centre staff to ensure learners are registered for and complete the correct components of an Apprenticeship framework prior to claiming for certification.

Package 13 - AI20109

Foundation Apprenticeship in Instructing Exercise and Fitness

Package product code	AI20109	
Pathway	Exercise and Fitness	
Competence qualification	AF20100 / AF20101 / AF20102 / AF20103 ** VTCT Level 2 NVQ Diploma in Instructing Exercise and Fitness	
Knowledge/Technical qualification	AF20092 / AF20093 / AF20094 / AF20095 *** - VTCT Level 2 Certificate in Fitness Instructing or AF20486 - VTCT Level 2 Diploma in Exercise, Health and Fitness Studies or AF20472 - VTCT Level 2 Certificate in Instructing Exercise to Music to Older Adults and People with Disabilities	
Transferable skills	Communication component (Level 1 minimum)	Application of Number component (Level 1 minimum)
	Level 1 Essential Skills Wales in Communication	Level 1 Essential Skills in Application of Number
Employment Rights and Responsibilities (ERR)	AF20018 - VTCT Level 2 Award in Employment Awareness in Active Leisure and Learning	

** AF20100 Gym-Based Exercise pathway, AF20101 Water-Based Exercise pathway, AF20102 Exercise to Music pathway or AF20103 Exercise and Physical Activity for Children pathway

*** AF20092 Gym-Based Exercise pathway, AF20093 Water-Based Exercise pathway, AF20094 Exercise to Music pathway or AF20095 Exercise and Physical Activity for Children pathway

Package 14 - AA30110

Apprenticeship in Exercise and Fitness

Package product code	AA30110	
Pathway	Personal Training (Previously Exercise and Fitness)	
Competence qualification	AF30087 - VTCT Level 3 NVQ Diploma in Personal Training	
Knowledge/Technical qualification	AF30079 - VTCT Level 3 Certificate in Personal Training	
Transferable skills	Communication component (Level 2 minimum)	Application of Number component (Level 2 minimum)
	Level 2 Essential Skills Wales in Communication	Level 2 Essential Skills in Application of Number
Employment Rights and Responsibilities (ERR)	AF30019 - VTCT Level 3 Award in Employment Awareness in Active Leisure and Learning	

Package 15 - AI20111

Foundation Apprenticeship in Activity Leadership

Package product code	AI20111	
Pathway	Exercise and Fitness	
Competence qualification	AF20104 - VTCT Level 2 NVQ Certificate in Activity Leadership	
Knowledge/Technical qualification	AF20092 / AF20093/AF20094 / AF20095 ** - VTCT Level 2 Certificate in Fitness Instructing or	
	AF20486 - VTCT Level 2 Diploma in Exercise, Health and Fitness Studies or	
	AF20472 - VTCT Level 2 Certificate in Instructing Exercise to Music to Older Adults and People with Disabilities	
Transferable skills	Communication component (Level 1 minimum)	Application of Number component (Level 1 minimum)
	Level 1 Essential Skills Wales in Communication	Level 1 Essential Skills in Application of Number
Employment Rights and Responsibilities (ERR)	AF20018 - VTCT Level 2 Award in Employment Awareness in Active Leisure and Learning	

