



Qualification Specification for:

**OCN NI Level 3 Award in Planning and Leading a
Physiotherapy Designed Exercise Programme in Fall
Prevention and Strength and Balance Training**

➤ **Qualification No: 601/8380/9**

Qualification Regulation Information

Qualification Number: 601/8380/9
Operational start date: 01 March 2016
Operational end date: 29 February 2028
Certification end date: 01 March 2031

Qualification operational start and end dates indicate the lifecycle of a regulated qualification. The operational end date is the last date by which learners can be registered on a qualification and the certification end date is the last date by which learners can claim their certificate.

All OCN NI regulated qualifications are published to the Register of Regulated Qualifications (<http://register.ofqual.gov.uk/>). This site shows the qualifications and awarding organisations regulated by CCEA Regulation and Ofqual.

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Foreword

This document explains OCN NI's requirements for the delivery and assessment of the following regulated qualification:

- **OCN NI Level 3 Award in Planning and Leading a Physiotherapy Designed Exercise Programme in Fall Prevention and Strength and Balance Training**

This specification sets out:

- Qualification features
- Centre requirements for delivering and assessing the qualification
- The structure and content of the qualification
- Unit details
- Assessment requirements for the qualification
- OCN NI's quality assurance arrangements for the qualification
- Administration

OCN NI will notify centres in writing of any major changes to this specification. We will also publish changes on our website at www.ocnni.org.uk

This specification is provided online, so the version available on our website is the most up to date publication. It is important to note that copies of the specification that have been downloaded and printed may be different from this authoritative online version.

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About Regulation

OCN NI

Open College Network Northern Ireland (OCN NI) is a regulated Awarding Organisation based in Northern Ireland. OCN NI is regulated by CCEA Regulation to develop and award professional and technical (vocational) qualifications from Entry Level up to and including Level 5 across all sector areas. In addition, OCN NI is regulated by Ofqual to award similar qualification types in England.

The Regulated Qualifications Framework: an overview

The Regulated Qualifications Framework (RQF) was introduced on 1st October 2015: the RQF provides a single framework for all regulated qualifications.

Qualification Level

The level indicates the difficulty and complexity of the knowledge and skills associated with any qualification. There are eight levels (Levels 1-8) supported by three 'entry' levels (Entry 1-3).

Qualification Size

Size refers to the estimated total amount of time it could typically take to study and be assessed for a qualification. Size is expressed in terms of Total Qualification Time (TQT), and the part of that time typically spent being taught or supervised, rather than studying alone, is known as Guided Learning Hours (GLH).

Qualification Summary

The OCN NI Level 3 Award in Planning and Leading a Physiotherapy Designed Exercise Programme in Fall Prevention and Strength and Balance Training qualification has been designed to train a range of individuals how to plan and lead therapeutic exercise groups. Exercise is important, particularly for older people in contributing to their health and well-being and in particular avoiding risks associated with falling.

Sector Subject Area

1.3 Health and social care

Qualification Target Group

The qualification is targeted at learners from a range of backgrounds who wish to work in the area of therapeutic exercise including those with a background in physiotherapy, health and social care and fitness instruction. The learner will be able to tailor, plan and deliver therapeutic exercise programmes to groups of individuals in the community, particularly older individuals.

Progression Opportunities

The OCN NI Level 3 Award in Planning and Leading a Physiotherapy Designed Exercise Programme in Fall Prevention and Strength and Balance Training qualification enables progression into further learning in this area or into employment.

Grading

Grading for this qualification is pass/fail.

Entry Requirements

Learners should be at least 18 years of age.

Qualification Support

A Qualification Support pack is available for OCN NI centres within the login area of the OCN NI website (<https://www.ocnni.org.uk/my-account/>), which includes additional support for teachers, eg planning and assessment templates, guides to best practice, etc.

Delivery Languages

This qualification is available in English only at this time. If you wish to offer this qualification in Welsh or Irish (Gaeilge) then please contact OCN NI who will review demand and provide as appropriate.

Centre Requirements for Delivering the Qualification

Centre Recognition and Qualification Approval

New and existing OCN NI recognised centres must apply for and be granted approval to deliver the qualification prior to the commencement of delivery.

Centre Staffing

Centres are required to have the following roles in place as a minimum, although a member of staff may hold more than one role*:

- Centre contact
- Programme Co-ordinator
- Tutor
- Assessor
- Internal Verifier

*Note: A person cannot be an internal verifier for their own assessments.

Tutor Requirements

Tutors must:

- be qualified physiotherapists with a minimum of four years' experience
- have at least six months experience working with people in a fall prevention role

Assessment

The qualification is assessed within the centre and is subject to OCN NI's quality assurance processes. Units are achieved through internally set, internally assessed, and internally verified evidence.

Assessors must:

- be qualified physiotherapists with a minimum of four years' experience
- have at least six months experience working with people in a fall prevention role
- have direct or related relevant experience in assessment
- have a sound understanding of the current National Occupational Standards (NOS)
- assess all assessment tasks and activities

Internal Verification

OCN NI qualifications must be scrutinised through the centre's internal quality assurance processes as part of the recognised centre agreement with OCN NI. The centre must appoint an experienced and trained centre internal verifier whose responsibility is to act as the internal quality monitor for the verification of the delivery and assessment of the qualifications.

The centre must agree a working model for internal verification with OCN NI prior to delivery of the qualifications.

Internal Verifiers must:

- have at least one year's occupational experience in the areas they are internally verifying
- attend OCN NI's internal verifier training if not already completed

Internal verifiers are required to:

- support tutors and assessors
- sample assessments according to the centre's sampling strategy
- ensure tasks are appropriate to the level being assessed
- maintain up-to-date records supporting the verification of assessment and learner achievement

Structure and Content

The table below summarises the structure of this qualification. The learner must complete the one mandatory unit for a total of 5 credits.

Total Qualification Time (TQT) for this qualification: 50 hours
 Guided Learning Hours (GLH) for this qualification: 35 hours

Unit Reference Number	OCN NI Unit Code	Unit Title	GLH	Credit Value	Level
<i>Mandatory Unit</i>					
L/508/0616	CBD434	Planning and Facilitating Therapeutic Exercise Groups	35	5	Three

Unit Details

Title	Planning and Facilitating Therapeutic Exercise Groups
Level	Three
Credit Value	5
Guided Learning Hours (GLH)	35
OCN NI Unit Code	CBD434
Unit Reference No	L/508/0616
<i>Unit purpose and aim(s):</i> This unit will enable the learner to plan and facilitate therapeutic exercise groups.	
Learning Outcomes	Assessment Criteria
1. Know the risk factors which increase the likelihood of falling and the possible consequences to individuals.	1.1. Summarise a range of risk factors which increase the likelihood of falling and the possible consequences to individuals. 1.2. Summarise the impact of ageing on an individual's strength and balance and how this may increase the risk of falling.
2. Understand the effects of therapeutic exercise groups.	2.1. Explain the effects of therapeutic exercise groups including: a) the physical and psychological changes that take place during exercise b) how exercise improves physical and mental wellbeing c) the advantages and disadvantages of group exercise d) impact on group dynamics 2.2. Explain the use of inclusion and exclusion selection criteria for therapeutic exercise groups.
3. Understand health and safety when working with therapeutic exercise groups.	3.1. Summarise current health and safety frameworks, policies and guidelines that relate to facilitating therapeutic exercise groups. 3.2. Illustrate how to promote a safe working environment. 3.3. Summarise how to conduct a risk assessment before facilitating a therapeutic group exercise class. 3.4. Explain the dangers, precautions and contraindications of group exercise. 3.5. Summarise a range of signs of distress that exercise participants may exhibit and strategies for addressing them.
4. Understand the role of a therapeutic exercise facilitator.	4.1. Explain the role of a therapeutic exercise facilitator in regard to: a) the limits of his / her role b) selection of activities c) session planning d) progression activities e) motivational methods f) monitoring the improvement and deterioration of participants g) referral of individuals for support and advice h) recording activities and reporting findings to a registered physiotherapist

<p>5. Know how to plan therapeutic group exercise.</p>	<p>5.1 Explain the importance of warm up and cool down sessions as part of a therapeutic group exercise programme.</p> <p>5.2 Illustrate how training may impact on balance and strength of the individual.</p> <p>5.3 Summarise the range of inclusion and exclusion criteria to be included in a therapeutic group exercise plan.</p> <p>5.4 Illustrate a range of exercises that may be included in a therapeutic group exercise programme.</p> <p>5.5 Develop a plan for a therapeutic group exercise programme that includes:</p> <ul style="list-style-type: none"> a) pre-exercise session requirements b) appropriate venue selection c) exercise session content d) post-exercise session requirements
<p>6 Be able to facilitate a therapeutic exercise group.</p>	<p>6.1 Facilitate a therapeutic exercise group session demonstrating:</p> <ul style="list-style-type: none"> a) planning, organisation and time management b) applying exclusion and inclusion criteria c) conducting risk assessment and addressing potential health and safety issues d) using appropriate warm up and cool down activities e) using effective communication skills f) using appropriate exercise activities g) using correction, observation and appropriate stop signals h) using motivation techniques i) using progression and / or modified exercises j) record keeping and participant feedback

Assessment Guidance

The following assessment method/s may be used to ensure all learning outcomes and assessment criteria are fully covered.

Assessment Method	Definition	Possible Content
Portfolio of evidence	<p>A collection of documents containing work undertaken to be assessed as evidence to meet required skills outcomes</p> <p>OR</p> <p>A collection of documents containing work that shows the learner's progression through the course</p>	<p>Learner notes/written work</p> <p>Learner log/diary</p> <p>Peer notes</p> <p>Record of observation</p> <p>Record of discussion</p>
Practical demonstration/assignment	A practical demonstration of a skill/situation selected by the tutor or by learners, to enable learners to practise and apply skills and knowledge	<p>Record of observation</p> <p>Learner notes/written work</p> <p>Learner log</p>
Coursework	Research or projects that count towards a learner's final outcome and demonstrate the skills and/or knowledge gained throughout the course	<p>Record of observation</p> <p>Learner notes/written work</p> <p>Tutor notes/record</p> <p>Learner log/diary</p>

Quality Assurance of Centre Performance

External Verification

All OCN NI recognised centres are subject to External Verification. External verification visits and monitoring activities will be conducted annually to confirm continued compliance with the conditions of recognition, review the centre's risk rating for the qualifications and to assure OCN NI of the maintenance of the integrity of the qualifications.

The External Verifier will review the delivery and assessment of the qualifications. This will include the review of a sample of assessment evidence and evidence of the internal verification of assessment and assessment decisions. This will form the basis of the EV report and will inform OCN NI's annual assessment of centre compliance and risk. The External Verifier is appointed by OCN NI.

Standardisation

As a process, standardisation is designed to ensure consistency and promote good practice in understanding and application of standards. Standardisation events:

- make qualified statements about the level of consistency in assessment across centres delivering a qualification
- make statements on the standard of evidence that is required to meet the assessment criteria for units in a qualification
- make recommendations on assessment practice
- produce advice and guidance for the assessment of units
- identify good practice in assessment and internal verification

Centres offering units of an OCN NI qualification must attend and contribute assessment materials and learner evidence for standardisation events if requested.

OCN NI will notify centres of the nature of sample evidence required for standardisation events (this will include assessment materials, learner evidence and relevant assessor and internal verifier documentation). OCN NI will make standardisation summary reports available and correspond directly with centres regarding event outcomes.

Administration

Registration

A centre must register learners within 20 working days of commencement of a qualification.

Certification

Certificates will be issued to centres within 20 working days of receipt of correctly completed results marksheets. It is the responsibility of the centre to ensure that certificates received from OCN NI are held securely and distributed to learners promptly and securely.

Charges

OCN NI publishes all up to date qualification fees in its Fees and Invoicing Policy document. Further information can be found on the centre login area of the OCN NI website.

Equality, Fairness and Inclusion

OCN NI has considered the requirements of equalities legislation in developing the specification for these qualifications. For further information and guidance relating to access to fair assessment and the OCN NI Reasonable Adjustments and Special Considerations policies, centres should refer to the OCN NI website.

Retention of Evidence

OCN NI has published guidance for centres on the retention of evidence. Details are provided in the OCN NI Centre Handbook and can be accessed via the OCN NI website.

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