



Fire Brigades Union National Learning Centre



Active IQ Exercise and Fitness— Personal Training Qualification

Level 3 Apprenticeship Programme

Overview

The FBU and its accredited National Learning Centre, in partnership with the Local Government Association, Leeds City College and Bright Direction Training are offering the above qualification, to all interested Fire and Rescue Services, F&RS employees and FBU members.

This nationally recognised and accredited Level 3 programme will allow learners, who enrol and complete the course, to achieve a Personal Training Qualification after a 15 month programme of study.

Delivery

The fifteen month apprenticeship learning programme consists of knowledge and competency based qualifications as well as Maths, English and Employment Awareness awards. The first seven months of tuition will be in the classroom providing theoretical knowledge of the subject whilst the remaining eight months of practical assessments and observations are delivered within a high quality gym. Enrolments onto the programme must be complete by 31st July 2015

Learning Programme

- **Active IQ Level 3 NVQ Diploma in Personal Training**
- **Active IQ Level 3 Diploma in Fitness Instructing and Personal Training**
- **Active IQ Level 3 Award in Employment Awareness In Active Leisure And Learning**
- **Skills First Level 2 Maths**
- **Skills First Level 2 English**

What are the benefits to Fire and Rescue Services?

- Greater understanding of anatomy and physiology for F&RS employees
- Ability to relate to the physical demands in the Fire and Rescue Service
- Confidence to plan exercise & training specifically around Fire Service equipment and physical activity
- No financial outlay to F&RS's
- Partnership approach with the FBU ULF
- Accredited Personal Trainers in workplaces throughout F&RS
- Instant referrals and access for F&RS's to qualified personal trainers
- F&RS's actively engaging, supporting and training employees in understanding and planning for their fire service careers
- Firefighters returning to work under qualified supervision
- Good base of fitness and strength for returning employees
- National delivery of qualification by qualified tutors and assessors
- Sits within the governments apprenticeship framework
- Pilot for future apprenticeship opportunities and provision of data for the upcoming Apprenticeship levy.

What are the benefits to learners who enrol?

- Fully funded qualification
- Personal Training Level 3 qualification
- Maths and English Level 2 qualification
- Support of F&RS's to help achieve qualifications
- Ability to relate to the physical demands in the Fire Service
- Ability to support and assist firefighters in need of help
- Ability and confidence to plan specific and individual training programmes to assist F&RS staff back to work
- Immediate point of contact in the workplace
- Satisfaction in achieving an 'A' Level grade qualification
- Design rehabilitation programmes to help injured firefighters recuperate
- Practically assist and encourage injured and ill firefighters to get back to work in partnership with their local employer
- Provide feedback to help improve future qualifications and learning opportunities for F&RS employees

Course Completion

Students will need to commit to a minimum of a 15 month programme of study involving monthly attendance at classroom based session, gym and practical based assessments, course work and tutorials. Fire & Rescue Services will be required to provide training rooms, access to a gym, which meets the qualification criteria*, and support individuals in achieving the qualification . The course will be delivered in Fire and Rescue Services

throughout England. Qualified tutors will support students throughout the programme of study and work with individuals Fire & Rescue Services to accommodate for shift patterns and availability.

This supportive, partnership approach will hopefully encourage all F&RS's and F&RS employees to commit to learning and achieving in this topical subject for all F&RS's.

Please look for LGA circulars, FBU circulars and visit our websites www.fbueducation.org and www.fbu.org.uk for more information.

