

1st4sport Level 4 Certificate in Clinical Rehabilitation Through Physical Activity

Qualification Specification



About Us

Welcome to 1st4sport, established in 2000, 1st4sport Qualifications are an industry specialist recognised awarding organisation regulated in England by the Office of the Qualifications and Examinations Regulator (Ofqual), in Wales by Qualifications Wales, and in Northern Ireland by the Council for the Curriculum, Examination and Assessment (CCEA) Regulation.

Serving the needs of the sport, physical activity and active leisure industry; our niche status is emphasised through our accomplished people, network of esteemed industry partnerships and our culture of excellence. We have an outstanding reputation; evidenced through the loyalty we receive from our trusted partners, recognised centres and most importantly our learners.

We have a proven track record; offering of valid, value-added, educational solutions and services and outstanding customer care. Our offer includes sector specific qualifications and pathways, and a range of relevant high-performing educational services; underpinned by leading digital solutions. The majority of these are developed and deployed in partnership with governing bodies of sport and other sector specific professional organisations. More than any other awarding organisation, our knowledge of the industry and our continuous cross-sector network enables us to understand the direction of our sector.

Our involvement in shaping our sector has been significant and we continue to be the awarding organisation that partner and representative organisations turn to for guidance on the direction of travel, as appropriate to the needs of our partners, centres, industry employers

Our Mission: To deliver excellent educational solutions and value-added services to sport, physical activity and the active leisure industry.

Our Direction: We aim to support the ongoing professionalisation of our industry; supporting employment, growth, sustainability and success. We embrace performance, participation and health agendas. Our objective is to continue to support our respected partners, providers and learners.

Qualification Specification

Title:	1st4sport Level 4 Certificate in Clinical Rehabilitation Through Physical Activity
Qualification Overview:	Gives learners the skills and competence to work with groups and individuals who have neurological conditions to increase their mobility and quality of life.
Qualification Code:	L4CCRTPAR
Qualification Regulation Number:	603/6052/5
Guided Learning Hours (GLH):	54
Total Qualification Time (TQT):	184
Credit Value (if applicable):	Not applicable
Operational Start Date:	01/07/2020
Qualification Review Date:	31/05/2023
Learner Registration Period:	4 years
Qualification Objective:	This qualification qualifies learners to deliver tailored exercise programmes for people with neurological conditions affecting their mobility.
Qualification Purpose:	Prepare for employment in a specific occupational area.

Who is this qualification for?

This qualification is designed for individuals who wish to undertake a rehabilitation role working with individuals and groups who have neurological conditions affecting their mobility.

Qualification Progression

On completion of this qualification, the learner may progress on the other pathway opportunities into other neurological areas

Successful learners will be qualified to seek employment in appropriate paid or voluntary roles as a Clinical Practitioner, specialising in rehabilitation through physical activity.

Entry Requirements

Learners must be a minimum of 18 years old at registration and 18 years old at certification.

Pre-requisite(s) or other entry requirements

The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification and any barriers that may disadvantage a learner under the Equality Act 2010 are considered and outcomes recorded during the application process.

Prior to registration learners are required to:

- be accurately identified
- be at least 18 years of age
- be able to undertake this assessment in English or Welsh (if available)

Assessment Methods

The assessment methods used in this qualification are:

- Coursework (in 5 of 5 mandatory units),
- Practical Demonstration/Assignment (in 1 of 5 mandatory units)

Grading Methods

This qualification will be graded Pass / Fail.

Qualification Structure

Learners must successfully complete all mandatory units to achieve this qualification.

Mandatory Units

Unit ID	Unit Title	GLH
R/618/2543	Control of Movement and Neurological Conditions	6
Y/618/2544	Understand neurological conditions and causes	7
D/618/2545	Support rehabilitation through physical activity	27
H/618/2546	Role of the practitioner	5
K/618/2547	Support Clients with Parkinson's	9

Optional Units

There are no optional units in this qualification

Pathway Units (where applicable)

There are no pathway units in this qualification

Unit Title	Control of Movement and Neurological Conditions
Unit Aim	The aim of this unit is to develop an understanding of neurological conditions and how they impact on the movement of the body.
Unique Unit Number	R/618/2543
Unit Assessment Method(s)	Coursework
Assessment Specification	The learner is required to complete a written assignment and tasks contained within the learner portfolio.

Learning Outcome: 1. understand the functions of the central nervous system and peripheral nervous system

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 describe the function of the central nervous system	<ul style="list-style-type: none"> • Components of the brain; <ul style="list-style-type: none"> - The Cerebral Cortex - Cerebellum - Brainstem • The spinal cord • How the CNS affects movement • Motor cortex • Neuro transmitters 	
1.2 describe the function of the peripheral nervous system	<ul style="list-style-type: none"> • Nerves • Neurones <p>Two different types of motor division;</p> <ul style="list-style-type: none"> • Somatic motor nervous system <ul style="list-style-type: none"> - Sensory neurones - Motor neurones <ul style="list-style-type: none"> • Autonomic nervous system; <ul style="list-style-type: none"> - The sympathetic division - Parasympathetic division 	
1.3 analyse the brain's control of body movement	<ul style="list-style-type: none"> • Reflexes • Posture • Stability/balance • The Gait Cycle 	

Learning Outcome: 2. understand neurological conditions and causes

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 summarise sudden onset neurological conditions	<ul style="list-style-type: none"> Stroke Traumatic brain injury Traumatic spinal injury Meningitis Guillian-Barre Syndrome 	
2.2 summarise Intermittent and unpredictable neurological conditions	<ul style="list-style-type: none"> Epilepsy Myalgic Encephalomyelitis (ME) Multiple Sclerosis 	
2.3 summarise progressive neurological conditions	<ul style="list-style-type: none"> Motor neurone disease Parkinson's Later stages of Multiple Sclerosis 	
2.4 summarise stable neurological conditions	<ul style="list-style-type: none"> Post-polio syndrome Cerebral palsy in adults 	

Unit Title	Understand neurological conditions and causes
Unit Aim	This unit develops the learners knowledge of neurological conditions and causes.
Unique Unit Number	Y/618/2544
Unit Assessment Method(s)	Coursework
Assessment Specification	There are no additional assessment requirements.

Learning Outcome: .

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
---	---	---

Error: Subreport could not be shown.

Unit Title	Support rehabilitation through physical activity
Unit Aim	The aim of this unit is to demonstrate the ability to lead physical activity rehabilitation sessions.
Unique Unit Number	D/618/2545
Unit Assessment Method(s)	- Coursework - Practical Demonstration/Assignment
Assessment Specification	The learner is required to hold initial consultations and deliver programmes of physical activity rehabilitation.

Learning Outcome: 1. be able to prepare for sessions

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 prepare sessions based on individuals attending	<ul style="list-style-type: none"> • Prepare for the delivery of physical activity programmes for individuals with neurological conditions • Plan for which participants should be attending • Equipment for specific client needs • Prepare Physical Activity alternatives • Pre-empt what might occur; - Contingency plans <ul style="list-style-type: none"> • Prepare Health and safety in line with guidelines 	

Learning Outcome: 2. be able to develop participants mobility through physical activity

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 assess participants at the commencement of each session to establish their condition	<ul style="list-style-type: none"> • Observational assessment including symptoms to look for • Assess client's condition using Red, Amber, Green system. • Apply Cognitive assessment concepts of client to session - Vocal exercises - Questioning - Speaking to carers • Coordination, balance and agility; - Different exercises 	
2.2 deliver individual and group activities following assessment of clients	<ul style="list-style-type: none"> • Adapt technique to individual participant based on assessment commencing session • Apply concepts using combined physical and cognitive techniques for all groups adapting level and exercises as a combined specialist approach recognising each person's individual need. • Use verbal cues to encourage speaking while moving • Apply mirror concept for aiding physical movements - Targeting postural control - Targeting flexibility <ul style="list-style-type: none"> • React to changes in client's condition throughout the session Implementation of strategies and techniques to support changes in cognitive ability • Motivate and support individuals with neurological conditions • Develop clients socially using small group work and pairing up clients to work with others in session 	

2.3 observe, analyse, intervene and provide ongoing feedback to clients	<ul style="list-style-type: none"> • Encourage and empower participants • Maintain regular communication with participants and others <ul style="list-style-type: none"> - Observe participants' performance - Analyse participants' performance and current level of ability - Provide constructive feedback to participants - Offer support to participants after sessions and different stages of the programme. 	
2.4 prescribe activities to support clients away from sessions	<ul style="list-style-type: none"> • Carer information • Exercises for clients based on individual need • Strategies to manage condition away • Lifestyle recommendations 	

Learning Outcome: 3. be able to review and evaluate sessions for participants

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
3.1 review and evaluate individual physical activity session for clients with neurological conditions	<ul style="list-style-type: none"> • Complete evaluations of individual sessions • Make recommendations for clients based on condition • Evaluation of the effectiveness of a range of neurological condition interventions • Work with participants to regularly evaluate and review progress throughout the Programme, developing action plans when required • Provide support and feedback to others involved in the programme • Manage change effectively within the programme <ul style="list-style-type: none"> - Feedback from participants - Feedback from others - Justify any modifications, made to the programme 	
3.2 modify the programme to ensure sessions continually meet participants' needs and programme goals	<ul style="list-style-type: none"> • Implement the principles of needs-led coaching, and understand how this can impact on programme and session goals • Modify the programmes to ensure sessions meet goals. • Monitor and refine the programme as it develops, using contingency plans where appropriate • Adapt programme goals for participants based on: <ul style="list-style-type: none"> - Observation - Feedback - Progress - Circumstances 	
3.3 evaluate programme for participants with neurological conditions	<ul style="list-style-type: none"> • Review participants progress • Revise programme 	

Unit Title	Role of the practitioner
Unit Aim	The aim of this unit is to develop an understanding of the roles and responsibilities of a practitioner and the roles that others play in the rehabilitation process.
Unique Unit Number	H/618/2546
Unit Assessment Method(s)	Coursework
Assessment Specification	The learner is required to complete written tasks within the learner portfolio.

Learning Outcome: 1. understand the role and responsibilities of the practitioner

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 describe the role	<ul style="list-style-type: none"> Engaging with participants from initial enrolment Engaging with participants' family, friends or others involved The role of the practitioner, its boundaries and adherence to codes of conduct The importance of being a role model in a professional capacity Empower participants to take control of rehabilitation exercises; <ul style="list-style-type: none"> - During the session - Post session - Helping others <ul style="list-style-type: none"> The importance of evaluating and developing own performance 	
1.2 analyse responsibilities related to rules and regulations	<ul style="list-style-type: none"> The overarching legal responsibilities The role of national organisations The organisational procedures, responsibilities and liabilities The rules and regulations of the delivery of sessions The role of others and the positive promotion of these How to maintain confidentiality/GDPR 	
1.3 analyse responsibilities related to duty of care	<ul style="list-style-type: none"> What constitutes acceptable relationships as a practitioner The guidelines for safeguarding and protecting participants The requirements of the participant group; managing information for and about all types of participants 	
1.4 analyse responsibilities related to safe practice	<ul style="list-style-type: none"> How to set and agree ground rules Health and safety management, understanding how to: <ul style="list-style-type: none"> - Prepare the environment - Conduct a risk assessment - Minimise risk - Put contingency plans in place Emergency procedures; knowing how to follow: <ul style="list-style-type: none"> - Correct procedures for dealing with accidents, emergencies and incidents - Correct procedures for reporting issues 	

Learning Outcome: 2. understand the role of others

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 describe the roles of others	<ul style="list-style-type: none"> The responsibilities of the practitioner when working with others such as carers, spouses etc Self-referral to healthcare professionals. Professional referral to healthcare specialists such as neurologists, Parkinson's specialist nurses, dieticians, occupational therapists, pharmacists, psychologists, counsellors, physiotherapists, speech and language therapists. Understand roles and boundaries of the people involved in programming physical activity for individuals with neurological conditions 	

Learning Outcome: 3. be able to assess your own performance and plan development activities

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
3.1 analyse own performance to identify development needs	<ul style="list-style-type: none"> Self-reflect on own performance Obtain valid feedback on own performance from participants and others 	
3.2 plan development activities to meet development needs	<ul style="list-style-type: none"> Take responsibility for own development Critically analyse feedback and identify personal development needs Write a SMART personal development plan 	

Unit Title	Support Clients with Parkinson's
Unit Aim	The aim of this unit is to develop an understanding of the causes, signs and symptoms of Parkinson's and how these can be managed.
Unique Unit Number	K/618/2547
Unit Assessment Method(s)	Coursework
Assessment Specification	The learner is required to complete a written assignment contained within the learner portfolio.

Learning Outcome: 1. understand the signs, symptoms and progression of Parkinson's

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
1.1 analyse causes of Parkinson's	<ul style="list-style-type: none"> The Dopamine system and its relationship with nerve cells Genetics. Environmental factors. Other progressive brain conditions. Medication. Cerebrovascular disease 	
1.2 describe conditions within Parkinson's	<ul style="list-style-type: none"> Idiopathic Parkinson's. Vascular parkinsonism (also known as arteriosclerotic parkinsonism). Drug-induced parkinsonism. Normal pressure hydrocephalus. Progressive supranuclear palsy. Multiple system atrophy. Dementia with Lewy bodies. Inherited Parkinson's. Young-onset Parkinson's 	
1.3 evaluate the phases of the progression of Parkinson's	<ul style="list-style-type: none"> The diagnosis stage. The Maintenance stage. The complex/advanced stage. How the phases/age affect ability to participate in rehabilitation sessions How age of diagnosis affects the phases Changes in communication ability as disease progresses, e.g. slurred speech, reduced body language, facial expressions. Impact of changes on individual and others. Changes to cognitive ability, e.g. distraction, disorganisation, reduced ability to carry out tasks. Speed of memory and thinking. Impact of cognitive changes on individual and others. 	

Learning Outcome: 2. understand the anatomical, physiological and psychological effect of Parkinson's

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
2.1 analyse how Parkinson's impacts on anatomical and physiological movement	<ul style="list-style-type: none"> Signs, to include early warning signs. Symptoms, to include: <ul style="list-style-type: none"> - Motor, e.g. tremor, stiffness, slowness - Non-motor, e.g. bladder and bowel problems, dizziness, difficulty swallowing Dealing with change in condition, e.g. speed, severity, level of care required, level of support required. Impact of motor symptoms such as tremor, slowness of movement and rigidity on social life Impact of non-motor symptoms such as bladder and bowel problems, swallowing problems, dizziness that may lead to reduced social interaction, emotional anxiety, psychological depression. Knowledge of triggers e.g. stress, doorways 	
2.2 assess the psychological impact of Parkinson's	<ul style="list-style-type: none"> Emotional impact, e.g. frustration, anger and loss of self-esteem. Reduced social contact with friends, increased dependency on family and carers, loss of independence 	

Learning Outcome: 3. understand the impact of medication, lifestyle and physical activity on Parkinson's

Assessment Criteria The learner can:	Mandatory Delivery Content The learner will develop an understanding of:	Evidence Requirements The learner is required to complete:
3.1 describe how lifestyle can manage impact of the condition	<ul style="list-style-type: none"> • Diet • Nutrition • Alcohol • Smoking 	
3.2 describe strategies for managing Parkinson's symptoms	<ul style="list-style-type: none"> • Diet • Medication • Exercises specific for stage of Parkinson's • The benefits of physical activity • Strategies of coping with freezing/falling • Cognitive concepts 	
3.3 describe the effects of failure to take medication	<ul style="list-style-type: none"> • Movement impaired. • Tremors return/increase. • Rigidity increases. • Muscle cramps. • Pain. • Eye problems. • Bladder and bowel problems. • Slowness of movement. 	
3.4 describe common side effects of Parkinson's medication	<ul style="list-style-type: none"> • Importance of recording and reporting side effects • Dizziness or faintness, sleepiness, changes in behaviour. • Impulsive and compulsive behaviour, hallucinations and delusions, dyskinesia. • Interaction of medication with other drugs or herbal and complementary therapies. • Short- and long-term consequences of side effects. 	

Qualification Conditions: Delivery and assessment requirements

To complete the delivery, assessment, and internal quality assurance of the qualification, providers will be required to adhere to the guidance set out in the Recognised Centre Handbook.

Qualification Approval Conditions: Workforce requirements

In addition to the workforce requirements stated in the Recognised Centre Handbook, the following qualification specific requirements must be met and evidenced.

Tutor(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

The recognised centre is required to recruit and deploy approved tutors. The tutors are responsible for the delivery and assessment of the qualification. Tutors are required to:

- hold a recognised teaching qualification
- and
- have 2 years' experience delivering clinical rehabilitation through physical activity
- or
- hold the 1st4sport Level 4 Certificate in Clinical Rehabilitation Through Physical Activity
- or
- be a PD Kinetics/CRI Sports licensed tutor/assessor

Assessor(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

The recognised centre is required to recruit and deploy approved assessors. The assessors are responsible for the delivery and assessment of the qualification. Assessors are required to:

- hold a recognised assessing qualification
- and
- have 2 years' experience delivering clinical rehabilitation through physical activity
- or
- hold the 1st4sport Level 4 Certificate in Clinical Rehabilitation Through Physical Activity
- or
- be a PD Kinetics/CRI Sports licensed tutor/assessor

Internal Verifier(s) and Quality Assurer(s):

For this qualification, the minimum requirements stated in the centre handbook apply in addition to any further qualification specific requirements stated below

The recognised centre is required to recruit and deploy approved internal quality assurers who are responsible for the internal quality assurance activities. Internal quality assurers are required to:

- hold or be working towards a recognised internal quality assurance qualification
- and
- have knowledge of Clinical Rehabilitation Through Physical Activity qualification and delivery
- or
- be a PD Kinetics/CRI Sports licensed IQA.

Additional Qualification Requirements

The minimum venue, facility and requirements stated in the centre handbook apply.

In addition further qualification specific requirements are: The recognised centre is required to have one or more delivery sites with facilities to support the programme of training and assessment. All delivery sites must include the following:

- a practical space for physical activity rehabilitation sessions to be delivered

This qualification is regulated by Ofqual (603/6052/5).

UK Coaching
2 City Walk
Leeds
LS11 9AR

T: 0113 274 4802
E: centreservices@1st4sportqualifications.com

www.1st4sport.com