



Qualification
Guidance
Syllabus

Level 4 Certificate in Physical Activity and Lifestyle Strategies for Managing Low Back Pain

Qualification
Accreditation Number:
601/4931/0
Version AIQ005030

Active iQ

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Active IQ Level 4 Certificate in Physical Activity and Lifestyle Strategies for Managing Low Back Pain

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Introduction

The Active IQ Certificate in Physical Activity and Lifestyle Strategies for Managing Low Back Pain is at level 4 on the Regulated Qualifications Framework.

Guided learning hours: 99 **Total Qualification Time:** 150 **Credit:** 15

Minimum credit to be achieved at or above the level of the qualification	15
Requirements other than the award of credit which needs to be met before the qualification is awarded:	None
Exemptions:	None

Entry Requirements

- Learners must hold a Level 3 Diploma in Exercise Referral or equivalent and evidence of this is to be retained by the centre for verification purposes.

Qualification Outline

Target Learners:

- Experienced Instructors wishing to further their career in the health and fitness sector as a specialist instructor who can address the needs of clients with low back pain.

Aim:

- To train learners to a professionally competent level, enabling them to plan, conduct and review programmes to address the needs of clients with low back pain
- To train learners to a professionally competent level, enabling them to support clients to change their physical activity and lifestyle behaviours to aid in the management of chronic non-specific low back pain

Objectives:

For the learner:

- To develop an understanding of the prevalence and classification of low back pain
- To be able to determine health risks associated with low back pain
- To understand the contributing factors that lead to the development of different types of low back pain
- To apply appropriate training approaches to plan and design physical activity and exercise programmes for clients with chronic non-specific low back pain
- To understand how chronic non-specific low back pain, medications, psychological/sociological factors and co-morbidities affect client's ability to exercise safely and effectively
- To be able to support clients to adopt healthier lifestyle behaviours as part of a programme to manage chronic non-specific low back pain

Progression:

This qualification provides progression to further specialist qualifications at Level 4.

Links to National Occupational Standards

This qualification has direct links to the NOS in Instructing Physical Activity and Exercise and – D519 Design, agree and adapt a physical activity programme with adults with low back pain

Occupational competence statements for tutoring, assessing and internal verifying

This section outlines the requirements for tutoring, assessing and internally verifying Active IQ qualifications.

All Tutors, Assessors and Verifiers must:

- Possess a discipline specific qualification equivalent to the qualification being taught
- Have relevant industry experience
- Demonstrate active involvement in a process of industry relevant Continued Professional Development during the last two years (this may be discipline/ context specific or relevant to tutoring assessing or quality assurance)

Tutors

Tutors must hold, or be working towards a teaching qualification.

The following are acceptable:

- Level 3 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 3 Award in Education and Training
- Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 4 Certificate in Teaching in the Lifelong Learning Sector (CTTLS)
- Level 4 Certificate in Education and Training
- Level 5 Diploma in Teaching in the Lifelong Learning Sector (DTTLS)
- Level 5 Diploma in Education and Training
- Certificate in Education

Assessor

Assessors must hold or be working towards any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment or
- Level 3 Award in Assessing Vocationally Related Achievement or
- Level 3 Award in Assessing Competence in the Work Environment or
- Level 3 Certificate in Assessing Vocational Achievement , or
- A1 (previously D32, D33)

Internal Verifier

Internal verifiers must hold or be working towards any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice or
- V1 (previously D34)

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

This section outlines the specific requirements for tutoring, assessing and internally verifying this qualification

- Tutors and assessors should hold relevant technical qualifications at the level of this qualification or above and have experience of working with clients with the medical conditions covered by the qualification.

Additional requirements for Centre approval at Level 4

Tutors and assessors should hold relevant technical qualifications at the level of this qualification or above and have experience of working with clients with the medical conditions covered by the qualification.

Tutors

Tutoring teams for Level 4 qualifications should include a clinical specialist in the area being taught and an exercise specialist with expertise and experience in the area being taught. It is also recommended that a physiotherapist is involved in the delivery of the course.

The tutor requirements can be met by a whole team rather than one individual

All clinician lecturers who have no previous education qualification will have to commit to gaining these with an agreed conversion period.

Assessors

Assessing teams for Level 4 qualifications should include appropriately qualified assessors with experience of the needs and competencies of the specialist area.

Assessors/Tutor who have taught the course should not assess their own learners.

Internal Verifiers

Internal Verification teams for Level 4 qualifications should include appropriately qualified internal verifiers with experience in the needs and competencies of the specialist area.

Use of training providers own resources and manuals

The training organisation must provide a copy of their course manual mapped against the Active IQ qualification specification.

In addition formal letters of support for the technical content of the course should be provided from at least **two** clinical medical specialists with expertise in the field which is covered by the qualification (one of which must be a physiotherapist with an expertise in clinical exercise). Preferably the specialists will be of national or international standing and acting in an advisory capacity to and with the knowledge and support of the major national charities/associations linked to the disease category.

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Qualification Structure

Mandatory Unit

Learners must complete the three mandatory units (15 credits)

Unit	Unit title	Level	Credits	Unit accreditation number
1	Prevalence and classification of low back pain	4	3	H/506/8004
2	Development and pathology of low back pain	4	4	D/506/8003
3	Planning and delivering physical activity and lifestyle strategies for the management of chronic non-specific low back pain	4	8	Y/506/8002

Successful achievement of all three units (15 credits) must be achieved for the full qualification.

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand the classification and prevalence of low back pain	1.1 Define low back pain 1.2 Summarise the prevalence and trends of low back pain nationally and globally, to include: <ul style="list-style-type: none"> • Gender • Age • Socioeconomic status • Occupation 1.3 Explain the national and global economic costs of back pain to: <ul style="list-style-type: none"> • Employers • Governments • National health services and insurance companies 1.4 Explain how the incidence of low back pain is divided into: <ul style="list-style-type: none"> • Acute low back pain • Chronic low back pain • Pain resulting from specific identifiable trauma • Pain resulting from non-specific unidentifiable causes with no underlying pathology 1.5 Classify the risk factors for developing low back pain
2. Know current strategies for the management of low back pain	2.1 Identify credible sources of information about the management of low back pain, to include: <ul style="list-style-type: none"> • National agencies • Other organisations • Literature 2.2 Summarise the characteristics of medications and surgery used for the treatment of low back pain, for example: <ul style="list-style-type: none"> • Desired effects/treatment outcomes • Side effects/unwanted treatment outcomes 2.3 Summarise the policy and national guidelines for low back pain management 2.4 Evaluate the current national guidelines for low back pain management, outlining their advantages and disadvantages
Assessment	Worksheet

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand factors that contribute to the development of low back pain	1.1 Outline the potential origins of low back pain, to include: <ul style="list-style-type: none"> • Injury or trauma • Disease • Lifestyle factors 1.2 Evaluate the impact of lifestyle factors on the development of low back pain, to include: <ul style="list-style-type: none"> • Occupation • Stress and perceived ability to cope • Physical activity • Smoking • Obesity • Pregnancy 1.3 Explain how relevant psychosocial factors could contribute to low back pain, including: <ul style="list-style-type: none"> • Fear avoidance behaviour • Catastrophising • Negative expectations
2. Understand the anatomical and neurological changes that can cause low back pain	2.1 Explain the functional anatomy of a healthy back, to include: <ul style="list-style-type: none"> • Vertebrae • Joints • Nerves • Intervertebral discs • Ligaments • Muscles • Fascia 2.2 Explain the pathology associated with different types of low back pain, to include: <ul style="list-style-type: none"> • Specific spinal pathology • Nerve root pain / radicular pain • Non-specific low back pain 2.3 Summarise the influence that chronic stress has on existing low back pain
3. Know the signs and symptoms that indicate the presence of structural injury	3.1 Describe the signs and symptoms that could indicate the presence of structural injury that requires medical investigation
4. Know the co-morbidities and health implications of low back pain	4.1 Identify the physical and mental health co-morbidities of low back pain, to include: <ul style="list-style-type: none"> • Depression • Anxiety • Sleep disorders 4.2 List the medications that low back pain clients may be taking and their implications for safe exercise participation 4.3 Describe the impact that long term complications of low back pain may have on quality of life 4.4 Explain how to manage medical complications of low back pain that may occur during physical activity
Assessment	Worksheet

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand the benefits of physical activity for clients with chronic non-specific low back pain	1.1 Explain the benefits of physical activity for the prevention and management of chronic non-specific low back pain 1.2 Explain how inactivity can aggravate low back pain and impede recovery 1.3 Compare the effects of physical activity to other interventions used to prevent and manage low back pain, to include: <ul style="list-style-type: none"> • Occupational health programmes • Workplace ergonomics • Manual therapies
2. Understand the risks of physical activity for clients with chronic non-specific low back pain	2.1 Summarise the exercise risks for clients with chronic non-specific low back pain 2.2 Determine suitable actions or adaptations to minimise exercise-related risks to clients with chronic non-specific low back pain 2.3 Explain when physical activity or specific types of exercise may be contraindicated for a client with low back pain (red flags) 2.4 Summarise the psychosocial considerations (yellow flags) that need to be taken into consideration when working with clients with low back pain
3. Understand how to obtain relevant information and consent to design physical activity programmes for clients with chronic non-specific low back pain	3.1 Describe relevant medico-legal requirements including the use of appropriate informed consent forms 3.2 Describe methods for collecting and presenting information with clients and relevant healthcare professionals, for example: <ul style="list-style-type: none"> • Questionnaires • Screening tools • Interview • Observation • Referral forms • Functional and physical fitness assessments • Reports 3.3 Explain how to use a range of pre-screening tools with clients with low back pain, to include: <ul style="list-style-type: none"> • Acute Low Back pain Screening Questionnaire • Roland-Morris Disability Questionnaire • The Keele STarT Back Screening Tool 3.4 Describe the types of information required to enable ongoing programme planning, for example: <ul style="list-style-type: none"> • Personal goals • Referral forms • Medical history and medication • Activity history and preferences • Social and psychological considerations 3.5 Outline the protocol to follow when dealing with patients/clients who have been transferred from a range of health settings and those who self-refer 3.6 Describe considerations to be made when communicating with medical and healthcare professionals

<p>4. Be able to agree suitable goals for physical activity programmes with client's with chronic non-specific low back pain</p>	<p>4.1 Evaluate the client's general mood and specific attitude towards physical activity 4.2 Determine the client's readiness to change their physical activity and lifestyle behaviours 4.3 Implement appropriate communication and behaviour change strategies to increase the client's motivation and commitment to making physical activity and lifestyle changes 4.4 Agree Specific Measurable Achievable Realistic and Time bound (SMART) goals with clients with chronic non-specific low back pain, for example:</p> <ul style="list-style-type: none"> • Short, medium and long term • Physical activity • Dietary changes • Lifestyle changes • Adherence
<p>5. Be able to plan, review and adapt physical activity programmes for clients with chronic non-specific low back pain</p>	<p>5.1 Use information collected in a health and fitness assessment to design an effective exercise programme 5.2 Develop an exercise programme that takes into account current guidelines and principles of training for clients with chronic non-specific low back pain 5.3 Design a programme that includes a suitable duration, frequency, mode and intensity of exercise for the client 5.4 Describe modifications to standard exercise techniques that take into account a client's medical conditions, fitness and ability 5.5 Provide alternative progressive or regressive exercise options as required 5.6 Prepare suitable risk assessments before planned sessions, to include:</p> <ul style="list-style-type: none"> • Exercise environment • Client's ability and pain • Planned exercises • Emergency procedures <p>5.7 Describe appropriate health and safety procedures specific to client's conditions prior to an exercise session 5.8 Monitor client's progress against agreed goals and adapt the programme accordingly 5.9 Review client's progress against agreed goals at scheduled intervals and modify the programme based on feedback and outcomes 5.10 Provide reports for health care professionals to communicate programme outcomes, adhering to protocols for confidentiality and consent 5.11 Explain how to assess, monitor and manage risk to clients with chronic non-specific low back pain throughout an exercise session 5.12 Describe the process to follow in the event of an emergency, including:</p> <ul style="list-style-type: none"> • Medical complications

<p>6. Be able to deliver exercise sessions for clients with low back pain</p>	<p>6.1 Establish an effective working relationship with low back pain clients</p> <p>6.2 Provide a session introduction that includes:</p> <ul style="list-style-type: none"> • Health and safety issues relevant to the environment, equipment and client(s) • Reassurance that the activity is beneficial to the client • Guidelines for working within client's own safe limits (intensity, pain) • An overview of the session content and structure <p>6.3 Demonstrate exercise technique correctly with clear explanations</p> <p>6.4 Use appropriate teaching methods and skills to demonstrate effective communication, to cover:</p> <ul style="list-style-type: none"> • Verbal – clear, concise, specific, audible • Use of understandable terminology • Effective non-verbal communication • Group/individual management • Adaptability <p>6.5 Demonstrate a range of motivational strategies and psychological support throughout the session</p> <p>6.6 Observe and monitor clients during the session, providing correction as required to ensure:</p> <ul style="list-style-type: none"> • Safe, effective exercise technique • Safe, effective exercise intensity • Client self-efficacy is supported <p>6.7 Use visual, verbal and kinaesthetic cues appropriately with low back pain clients as required to correct and reinforce correct exercise technique and movement patterns</p> <p>6.8 Provide exercise adaptations/ modifications/ alternatives during the session as needed to enable the client(s) to achieve safe, effective technique</p> <p>6.9 Provide opportunity for client questions and feedback during the session and use questioning and observation to check understanding of what they are required to do</p> <p>6.10 Provide an appropriate cool down with a structure and content that is safe and effective for the client with low back pain</p> <p>6.11 Collect feedback from the client to inform future session planning and personal development</p>
<p>7. Be able to support clients to implement and adhere to lifestyle changes that support the reduction of chronic non-specific low back pain</p>	<p>7.1 Encourage clients to become self-sufficient in adhering to physical activity</p> <p>7.2 Provide evidence-based information about lifestyle changes that can benefit clients with chronic non-specific low back pain</p> <p>7.3 Promote lifestyle behaviours that support good mental health and reduced low back pain</p> <p>7.4 Recognise when to refer a client to another professional or service, including</p> <ul style="list-style-type: none"> • General Practitioner • Clinical psychologist or counsellor <p>7.5 Provide specific information to enable clients to manage pain around physical activity sessions</p>
<p>8. Be able to evaluate personal performance</p>	<p>8.1 Evaluate personal performance in the session</p> <p>8.2 Identify actions to improve personal performance when working with low back pain clients based on self-reflection and client feedback</p>
<p>Assessment</p>	<p>Theoretical case study – Programme design, session plan, evaluation and modification report</p> <p>Observed formative assessment</p> <p>Session and self-evaluation</p>

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