**Level 4 Programming Physical Activity for Individuals for Low Back Pain course**

**COURSE INDUCTION**

You are now successfully enrolled on the YMCA Awards Level 4 Programming Physical Activity for Individuals for Low Back Pain course.   
  
Be sure to join our **Facebook Group** **(**[**www.facebook.com/groups/fit4trainingstudysupport**](http://www.facebook.com/groups/fit4trainingstudysupport)**)** for on going course support! This is always the quickest way to get in touch and ask a question. Use the Facebook group as much as possible. Ask questions about anything at all. The Fit4Training team and your course peers are at hand to help! If you have any private questions, please message or email us!  
  
**HOW TO COMPLETE THE COURSE**  
This is a distance learning course. You should receive your course recommended text within 7 days of enrolling on your course. Your assessment paperwork called a **Learner Achievement Record (LAR)** is available to download on your **course page** (<http://www.fit4training.com/low-back-resources>). Please download this and save it to your computer.

You have up to 12 months to complete your course assessments.   
  
You will find further guidance on your assessments on the **course page**.

**ADDITIONAL RESOURCES**  
You will also find on the course page, many links to further recommended reading and study materials, which complement your learning materials.

**COURSE UNITS & HOW EACH IS ASSESSED**

**Principles and Epidemiology of Low Back Pain**

Assessment 1 – Invigilated theory paper  
   
**Programming physical activities for Individuals with Low Back Pain**

Assessment 2 – Open book worksheet

Assessment 3 – Case study consultation

Assessment 4 – Case study programme design

Assessment 5 - Case study programme review  
   
**Instructing Physical Activity Sessions for Individuals with Low Back Pain**

Assessment 6 – Observed performance

Assessment 7 – Session evaluation

**THEORY EXAMS**In order to book the multiple choice theory exam for Assessment 1, when you are ready to sit it, please complete our **BOOK AN ASSESSMENT** form which you can find at the bottom of the course page. A £20 fee applies to theory exam re-sits, payable when booking the re-sit.  
  
This theory exam must be completed in person at our centre in Telford.   
   
**PRACTICAL ASSESSMENTS**  
Your course includes a practical observation for Assessment 6 where you will submit a video file of your session. Further guidance on these is included within the specific assessment information. A £40 fee applies to practical re-assessments.  
  
**SUBMISSION OF ASSESSMENT PAPERWORK**  
When you have completed your coursework, please submit any digital work using our **coursework submission form** [**www.fit4training.com/submit-coursework**](http://www.fit4training.com/submit-coursework)(preferred) or send hard copy work using RECORDED/SPECIAL delivery to **Fit4Training, Willow Studio, 59-61 High Street, Dawley, Telford, Shropshire, TF4 2EX**.

\*FIT4TRAINING WILL NOT BE RESPONSIBLE FOR LOST POST OR POST WITH INSUFFICIENT POSTAGE.  
  
Please ensure the work you are submitting is FULLY COMPLETED and you have signed your name, digital signature and date where ever there is a space to do so throughout the LAR. Your work won't be marked if it is incomplete or if there are any signatures or dates missing.  
  
Coursework will be marked within 15 days of us receiving it. You will receive notification via email from your assessor if there is any additional work you need to do in order to meet the standards required.  
   
**RECEIVING YOUR CERTIFICATE**  
We aim to get certificates to students within 3 months of all units of work being completed.  This is usually much shorter and often within a matter of weeks. Your coursework must be assessed and internally quality assured by Fit4Training and in some cases sent to the Awarding Organisation, YMCA Awards for external quality assurance.

**USEFUL INFORMATION**

Course Page – <http://www.fit4training.com/low-back-resources>

Facebook Group – [www.facebook.com/groups/fit4trainingstudysupport](http://www.facebook.com/groups/fit4trainingstudysupport)

Student Support – Martin Brown [martin@fit4training.com](mailto:martin@fit4training.com)

Administration/general queries only relating exams, payments, resources, certificates.

Tutor/Assessor - Jo Bentley [jo@fit4training.com](mailto:jo@fit4training.com)

Assessment/course content support