

SCQF Level 6 NPA Exercise and Fitness Leadership webinar

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Questions and answers

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Is it 100% pass rate for all outcomes?

Assessors must refer to the evidence requirements section in the relevant Qualifications Scotland Unit Specification to ensure the assessment instrument meets the minimum evidence requirements. All exemplar assessments within the Assessment Support Pack's (ASPs) cover the minimum evidence requirements.

Within Outcome 1 for all 3 units the ASPs asks learners for more than the minimum evidence requirements, and therefore a 100% pass rate is not required for learners. Centres are reminded that assessors can develop their own assessment instruments, and it is recommended that these are submitted to Qualifications Scotland for Prior Verification. Your Qualifications Scotland Co-ordinator within your centre will be able to assist with Prior Verification submissions.

I have already developed some assessment packs for my pupils. Will I have to change these when the ASP's get published if mine hit all the same assessment criteria?

For centres who choose to develop their own assessment instruments, Qualifications Scotland recommend that these assessments are internally verified by your Internal Verifier, with a copy of the IV report being held within your Quality Assurance documentation. It is recommended that centres also submit their centre devised assessments to Qualifications Scotland for Prior Verification. All centre devised assessments must meet the minimum evidence requirements and be at SCQF Level 6.

The alternative assessments we have to make, is that because we aren't allowed to use the ones you provide at all?

No, centres are required to develop alternative assessment instruments for learners who have not achieved the required standard to pass their 1st attempt at an assessment. ASP's for each of the three new units within the NPA in Exercise and

Fitness Leadership contain a single assessment instrument for each of the outcomes within the unit, but centres can either utilise these for assessment purposes or devise their own assessments. Any centre devised assessments must be internally verified to ensure they meet the minimum evidence requirements as per the Qualifications Scotland unit specification. It is recommended that centres also submit their centre devised assessments to Qualifications Scotland for Prior Verification

When is it suitable to use remediation as opposed to a second assessment attempt?

Assessors are encouraged to use their professional discretion and refer to the Qualifications Scotland unit specification for each of the three units contained within the NPA in Exercise and Fitness Leadership. Where a learner narrowly misses the minimum evidence requirements, assessors may decide to utilise verbal remediation as opposed to asking the learner to complete a second assessment. Where verbal remediation has taken place, both the assessor and learner must sign and date where the verbal remediation has taken place. Verbal remediation responses can either be recorded by the assessor or learner within the 1st attempt assessment instrument. This will allow for clear evidence of remediation being recorded and signed for Internal Verification and External Verification purposes.

Physiological adaptations – is it any easier than the fixed and free weights units?

The newly devised Outcome 1 for all three units contains short and long term physiological adaptations for each of the body systems. The new approach is to cover each of the systems across the three units as opposed to covering all physiological adaptations in each unit. This new approach should support learners more and reduce assessment load. There are opportunities for cross/holistic assessment within Resistance Training and Group Exercise Training.

For the learner participation record in the Group Exercise unit, the Unit Spec states 'Learners must participate in a minimum of three group exercise training sessions covering the following components of fitness at least once:

Cardiovascular Endurance

Muscular Endurance

Muscular Strength

Flexibility

but on the webinar there is a slide that says "flexibility, muscular strength and body weight session". Are these just examples of the types of sessions that could be done to cover the component of fitness?

Yes, the examples in the slide demonstrate different types of sessions that could be completed by learners to cover the component of fitness. Assessors have options to combine different components of fitness within the same session i.e. CV Endurance and Muscular Endurance could be incorporated into a single group exercise session.

When do you think the ASPs will be published?

ASP's for each of three units within the NPA in Exercise and Fitness Leadership were published on Qualifications Scotland Secure Site week beginning Monday 21st September 2026. Centres can request these from their Qualifications Scotland Co-ordinator.

For practical session delivery, is there any assessment tolerance? The assessment criteria indicates that certain outcomes must be achieved, however I am finding it is difficult for candidates to hit all assessment criteria when assessed. Are they expected to deliver in full again?

Assessor discretion should be utilised when making assessment decisions on learner performance. Where a learner narrowly misses covering the minimum evidence requirements, assessors could arrange for them to deliver the missing element in a separate session, as opposed to asking a learner to complete a full session when

they have already achieved a large proportion of the evidence requirements. Assessors should provide clear evidence of where this type of remediation has been completed with a supporting date and learner signature. This is a similar approach to verbal remediation. Assessors can record this remediation activity on the initial attempt observation checklist, or they can complete a second observation checklist to demonstrate the learner has achieved the missing elements.

How much difference does there have to be between the first and the alternative assessment for outcome 1. Is it just changing the order of the questions and some wording or does it need to be a completely different assessment as the questions can only be asked in a finite way?

Assessors should develop an alternative assessment instrument which is different from the 1st assessment. This can be achieved by changing the style / wording of the question and also changing the order of questions, so it does not follow the same pattern as in the 1st assessment. There are some different styles of questions across each of the three ASP's that have been developed by Qualifications Scotland. This should support assessors in devising alternative assessment instruments. Centres are reminded that they can book a Development Visit from Qualifications Scotland to discuss approaches to assessment or assessment development. This can be booked by contacting Qualifications Scotland via your Qualifications Scotland Co-ordinator.

Who do we send the assessments to for prior verification?

Assessments can be sent for Prior Verification through your Qualifications Scotland Coordinator.

In teaching materials would you recommend going into more detail with regards to the anatomy of the different systems in the body?

Yes, it would be recommended that assessors develop robust learning and teaching materials to support learners in understanding anatomy and physiology of the different body systems. The performance criteria, guide to content and context and guide to delivery sections within the Qualifications Scotland unit specification should offer additional information for assessors to develop learning and teaching materials.

Centres are reminded that ASP's must not be utilised as a learning and teaching resource as these are controlled secure documents that must not be distributed to learners.

I have students that are not achieving all criteria that 'must be' demonstrated. If they fail to demonstrate any of the criteria, do they have to resit their entire session delivery or can we cover this through student/assessor discussions? the above issue is arising during student session delivery in Cardiovascular Unit

Assessor discretion should be utilised when making assessment decisions on learner performance. Where a learner narrowly misses covering the minimum evidence requirements, assessors could arrange for them to deliver the missing element in a separate session, as opposed to asking a learner to complete a full session when they have already achieved a large proportion of the evidence requirements.

Assessors should provide clear evidence of where this type of remediation has been completed with a supporting date and learner signature. This is a similar approach to verbal remediation. Assessors can record this remediation activity on the initial attempt observation checklist, or they can complete a second observation checklist to demonstrate the learner has achieved the missing elements. Oral questioning can support learners, but assessors must ensure the learner is achieving the outcome based on evidence requirements i.e. where a learner is being asked to demonstrate, they must show this practically rather than answering questions.

Is there a reason Qualifications Scotland aren't providing standardised assessments and an alternative assessment?

Qualifications Scotland have developed ASP's for each of the three units contained within the NPA in Exercise and Fitness Leadership qualification. These ASP's contain exemplar assessment instruments, and centres are advised to develop their own alternative assessments to support effective assessment processes.

Are we still able to present the old course this academic year?

Yes you can still deliver the NPA Exercise and Fitness Leadership SCQF level 6 G9GC 46 this academic session however the course entered its lapsing period on 31/07/2026 and will finish on 31/07/2027.

During the lapsing period:

- No new centres may be approved to offer the qualification.
- Centres should only enter candidates whom they expect to complete the qualification during the defined lapsing period.