



Centre Assessment Standards Scrutiny strategy (CASS)

For

Level 5 Diploma in Nutrition and Health Coaching

**Level 5 Diploma in Coaching for Lifestyle and
Wellbeing Management**

**Level 5 Certificate in Human Nutrition and Gut
Microbiome**

Level 5 Certificate in Wellbeing Coaching

Strategy Rationale

The strategy includes the following factors:

- The typical course of study for the qualification – sessional, roll on roll off, fixed start/end dates for the qualification
- The typical duration of the course of study – number of weeks, months or terms
- The typical learner undertaking the qualification – Adult learners in the workplace and accredited study centres in the UK and internationally
- The typical type of centre delivering the qualification – FE Colleges, Private Training Provider, Academy, HE Centre, Overseas centre
- The number of components in the qualification and the number of these that are marked by a centre – The number of units within the qualification and number of centre devised assessments associated with the units
- The typical evidence generated for the qualification – Assignments, a portfolio of evidence, assessor observation, multiple choice question papers, short answer questions, tasks and oral and written feedback
- The assessment model – units that are marked or graded
- The number of learners taking the qualification – the overall number and whether these are following the same course of study
- The time period over which all components for a qualification are sampled
- The number of learners sampled during each activity for each component – based on the EQA sampling strategy and rationale
- The content of the monitoring sample of learners – a sample checking involves learners that have already received results for their qualification or only those that have yet to receive results and whether all or some learners are sampled prior to receiving results
- The intended outcome of monitoring activities – to inform future changes to processes, monitoring visits or if certificates need to be revoked

CASS for Level 5 Diploma in Health and Wellness Coaching

Key Factors	
Course of study	Roll on roll off or fixed start/end dates. Face to face classroom/salon/workshop based can include blended learning
Duration of study (average)	
1. Level 5 Diploma in Nutrition and Health Coaching	TQT 600
2. Level 5 Diploma in Coaching for Lifestyle and Wellbeing Management	TQT 680
3. Level 5 Certificate in Human Nutrition and Gut Microbiome	TQT 170
4. Level 5 Certificate in Wellbeing Coaching	TQT 240
Learner profile	Learners, aged 18+
Centres delivering	FE Colleges, Private Training Providers
Qualification components for:	
1. Level 5 Diploma in Nutrition and Health Coaching	Six Mandatory units and 3 optional units
2. Level 5 Diploma in Coaching for Lifestyle and Wellbeing Management	Six Mandatory units and 3 optional units
3. Level 5 Certificate in Human Nutrition and Gut Microbiome	2 Mandatory units
4. Level 5 Certificate in Wellbeing Coaching	2 Mandatory units
Evidence	For the assessment of knowledge and understanding, learners are required to provide written responses to tasks, assignments, research multiple-choice questions, short answer questions, critical thinking and case studies. Practical performance skills are assessed through peer and assessor observed coaching sessions
Assessment model	Assessment instruments and mark schemes/ checklists are provided by Qualifi. EQA sampling of internally assessed learner performance, knowledge and understanding, and assignments
Number of learners taking the qualification	The number of learners on the course of study could vary depending on the delivery model and duration. Assessment requirements will be consistent. Internal quality assurance and external quality assurance to be conducted
Components of the qualification to be monitored	All components to be EQA sampled. Assessment and case study records covering underpinning knowledge and practical skills evidence sampled across units and assessors. Learners from various cohorts to be sampled by Qualifi's EQA
Timing of monitoring	Prior to completion of the first cohort. And annually thereafter or more regularly if required
Number of components sampled during monitoring	All components, across multiple learners (based on the EQA sampling strategy)

Time period for sampling qualification components	Prior to candidate sign-off, generally on an annual basis
Number of learners sampled during each monitoring	Based on the EQA sampling Strategy – minimum of 10 students, or 20% of total, whichever is higher
Content of monitoring sample	All learners that have completed Qualifi's standard assessments
Intended outcomes of monitoring	As mentioned in the External Quality Assurance Report

Factors will vary and specific attention will be given to the variation in delivery models and course durations via the External Quality Assurance process.

Additional considerations (centre specific) to the strategy:

- Monitoring to take place (ahead of certification) if a centre has not previously marked assessments and carried out supervision/observations for the qualification
- At approval all members of the centre staff involved in the qualification will be approved. Centre staff updates to be provided by the centre. Any additional centre staff will be approved and all staff to be monitored through the EQA process
- Monitoring to take place if there is a significant increase in learner registration for the qualification, since the last EQA monitoring, based on the risk management of centres.
- If there is any suggestion of malpractice, maladministration in relation to delivery, assessment and certification of learners
- When the qualification content considerably changes as a result of a review and development based on national occupational standards or industry requirements. This would apply to any centre offering the qualification once it had been changed
- Where the professional standard (licence to practice) is changed
- If an analysis of data and evidence suggests any additional scrutiny is required

External Quality Assurance - External quality assurance will include:

- Assessment instruments set by Qualifi and marked by each centre (sampled)
- Case studies internally assessed for the practical unit within a qualification (sampled)
- MCQ and SAQ papers for specific knowledge and understanding components of a qualification (sampled)
- Professional discussions with learners
- Assessment records
- Assessments undertaken on a range of cohorts within a centre

As part of the external quality assurance monitoring process centres will be provided with written feedback following sampling of centre assessed observations, to include the following:

Overall approach

- why assessment marking by the centre is considered appropriate, or not, for particular assessments within a particular qualification or type of qualification
- the appropriateness, or not, of the approach to assessment by the centre, based on the nature of the evidence produced by learners in the relevant assessment
- why the approach is appropriate, or not, to ensure valid and manageable qualifications, based on the risks it has identified in relation to the qualification
- how the approach to assessment ensures that certificate claims are accurate and if certificate claims are inaccurate why
- what the centre needs to do to remain compliant or become compliant with the conditions

Written feedback will be recorded within the Qualifi External Quality Assurance Report and provided to the centre following each external quality assurance monitoring visit.

Allowing centre to mark assessments

Centres will be subject to a rigorous, Centre Approval process. Only once a centre has met all of the approval criteria will they be entitled to offer Qualifi qualifications. There are several checks made on the centre to ensure they have appropriate staff, skills, knowledge and competency, staff development and expertise to devise internally assessed assessments for qualifications.

For each qualification centre staff will be approved based on:

- Relevant qualifications held
- Experience and expertise based on the subject area
- Evidence on continuous professional development

Only when a member of centre staff satisfies the above criteria will they be approved to assess the qualification they wish to be approved for. Centre staff will be monitored at each external quality assurance visit, visits may take place at the centre or held remote. Any additional staff wanting to assess the qualification will need to be approved ahead of assessing the qualification.

Centres and subsequently staff will be approved per qualification, based on staff competency and the anticipated learner numbers for each qualification, ensuring that staff ratios are appropriate.

Assessment guidance and support materials will be provided for every qualification that is internally assessed and observed.

Monitoring

Justification for the CASS of centre assessed qualifications – The monitoring of centres will be based on risk management – per qualification to include centre staff, number of learners,

locations of assessment (if applicable), assessment methods used to internally assess the components of the qualification. The approach will be supported by the Qualifi External Quality Assurance policy.

Selection of personnel to undertake CASS of centre assessed qualifications – Recruitment will be carried out to ensure all Qualifi EQAs are appropriately qualified, experienced and knowledgeable for the qualifications they monitor. Selection processes will be carried out by the Quality Assurance team.

Training provided for those personnel undertaking the monitoring of CASS at centres carrying out centre-based assessments – the EQAs will undertake an induction to Qualifi following selection, this will be followed by training on the external quality assurance processes to be applied. Further training and standardisation throughout the year.

Ensuring personnel undertaking monitoring activities remain suitable – CPD schedules and logs for all to be submitted on an annual basis and as part of the external quality assurance team resource review. It is a mandatory requirement for EQA to maintain their own CPD that is relevant to the qualifications they externally quality assure and submit this to Qualifi.

Information centres are required to retain to enable CASS to be carried out – clear guidance documentation will be provided to centres to enable them to maintain information and records for monitoring purposes. Communication will be established prior to any monitoring visits to ensure the centre are aware of the information and assessment records requested for review.

The requirements for centres retain any data (including evidence generated by Learners and marked by Centres) necessary to allow it to undertake Centre Assessment Standards Scrutiny – guidance provided to centres based on the documentation required for external quality assurance monitoring

Ongoing monitoring of centres – will take place once a centre has been approved to offer qualifications (monitoring to check staff, delivery model, planned assessments). Monitoring visits will be carried out annually for a qualification, upon completion of the first cohort (first monitoring) prior to any certificate claims being made by the centre. Six months following the first monitoring a second monitoring will take place, thereafter on an annual basis, however this will be supplemented by learner verification monitoring. Additional monitoring could be activated should there be any unusual spikes in registrations / certificate claims between the planned EQA visits. Qualifi will be proactive in monitoring the data for each centre in relation to registration and certificate claims, ensuring no additional risk could occur through this process.

Feedback to Centres and monitor Centres' performance over time – written feedback will be provided to centres following every external quality assurance monitoring activity, via the Qualifi External Quality Assurance Report. Centre activity reports (registration/certification) will be generated monthly and shared with each centre. These reports would also be used to flag any unusual trends and trigger an external quality assurance monitoring if required.

Ongoing training and guidance - will be provided to centres, both via generic training sessions and updates, but also through a centre requesting a bespoke training session based specifically on their own needs. Training, guidance and support will be provided on ways to deliver and assess qualifications

The sampling approach – the Qualifi External Quality Assurance Sampling Strategy will be used to ensure that sampling of centre assessments are appropriate, this will include a sample of learners, across each assessor, each assessment method that relates to internally assessed assessments.

Conflict of Interests

Identify and monitor all relevant conflicts of interest, and any scenario that could foreseeably lead to such a conflict in the future – each EQA will be required to declare any conflict with a centre or any staff working at a centre that is Approved by Qualifi.

Conflict of interest declarations will be reviewed and completed annually. As part of their contract of agreement for work, EQAs will be required to declare any conflict should it arise outside of the annual review.

Allocations of EQAs to centres will include consideration of any conflict of interest that has been flagged. Any conflict of interest will lead to an alternative EQA being allocated to the centre.

Take all reasonable steps to prevent the occurrence of any malpractice or maladministration in relation to the delivery or marking of assessments by a Centre – the Qualifi quality assurance processes will be used to ensure any acts of malpractice or maladministration are prevented through rigorous quality assurance. Quality monitoring will be carried out at the Centre Approval stage and twice per year as part of qualification quality assurance monitoring visits. Other mechanism for monitoring will include monitoring of registration numbers, certification claims and staff resources (centre staff to be approved before working with a qualification).

Enter into arrangements with a Centre on terms which allow the awarding organisation to comply with the Conditions as a whole, and monitor, and where necessary take action, to ensure the Centre does not put the awarding organisation's compliance at risk –

Ensure that assessments for the relevant qualification remain fit for purpose upon delivery, ensure that the criteria against which Learners' performance is differentiated as being accurately and consistently applied by Assessors – regular review by Qualifi EQAs to monitor the quality of assessment across each of the qualifications a centre is approved to offer.

Ensure any results it issues are accurate and fully reflect the evidence produced by the learner and the learner's attainment and practical competency when judged against the standard set by the awarding organisation – regular reviews by EQAs to monitor centre

claims for certification and to ensure that learners have fully satisfied the requirements of the qualification with regard to evidence, assessment and that assessment is consistent across each Assessor.

Taking action and making adjustments

EQA of the centre will monitor the quality of delivery and assessment and check the accuracy of assessment. Outcomes of EQA will include action plans that set actions for the centre to address, within a reasonable timescale, or recommendations for improvement, also with timescales for implementation. These actions will be included in Qualifi's EV report.

If you require any further information, please contact Qualifi's External Verification Team at ev@qualifi.net