

## YMCA Awards Level 2 Award in Delivering Chair-Based Exercise (600/5924/2)

### Purpose Statement

#### Overview

##### Who is this qualification for?

- Those seeking work or looking to expand their current role in a health/social care/active leisure environment to offer 'Chair-based Exercise' to clients
- Those wishing to use the qualification as a platform for progression on to further learning (see 'Progression to further/higher level learning' below)

##### What prior qualifications/levels of attainment are needed to take this qualification? Are there any age restrictions?

This qualification is suitable for those who are 18/19+. There is no pre-requisite for this course however the following unit requires the learner to possess knowledge of body systems:

Understanding the value of chair-based exercise with frailer older adults and disabled adults (T/504/0806). If the learner does not have existing knowledge then the course tutor will need to ensure appropriate knowledge is covered on the programme of learning e.g. Anatomy and Physiology for Exercise or similar.

##### What does this qualification cover?

The YMCA Awards Level 2 Award in Chair-based Exercise is regulated by Ofqual and comprises of 2 mandatory units and 2 optional units awarding a total of 6 credits.

3 credits are achieved through completion of the following mandatory units:

- Introduction to the Values and Principles of Adult Social Care (1 credit)
- Understand the value of chair-based exercise with frailer adults and disabled adults (2 credits)

A minimum of 3 credits must also be achieved from the following optional units:

- Plan and deliver chair-based exercise for frailer older adults (3 credits)
- Plan and deliver chair-based exercise for disabled adults

Key topics/skills/knowledge covered:

- The values and principles of adult social care
- Knowledge and understanding of chair-based exercise and its value with adults in care and community settings, including frailer older adults and disabled adults
- The difference between chair-based exercise and physical activity
- The impact of body systems changes associated with ageing, disability and inactivity
- The structure and content of a chair-based exercise session
- How to plan for frailer older adults or disabled adults

And, depending on the pathway taken (either frailer older adult or disabled adult) the following skills:

**awarding excellence**

- be able to plan a safe and effective chair-based exercise session (for one of the above groups)
- be able to deliver a safe and effective chair-based exercise session (for one of the above groups)
- be able to reflect upon a safe and effective chair-based exercise session (for one of the above groups)

### **What could this qualification lead to?**

#### **Future employment possibilities**

This qualification can lead to employment as a 'Chair-based exercise instructor' in the health/social care/active leisure sector.

#### **Progression to further/higher level learning**

This qualification provides progression to other qualifications at the same and higher levels, for example:

- Level 2 Certificate in Walk Leading
- Level 2 Certificate in Fitness Instructing
- Level 3 Certificate in Activity Provision in Social Care

### **Who supports this qualification?**

This qualification is supported by ukactive, a not-for-profit body comprised of members and partners from across the UK active lifestyle sector. It provides services and facilitates partnerships for a broad range of organisations, all of which support the vision of more people, more active, more often to improve the health of the nation. Ukactive exist to serve anyone with a benefit to be gained or a role to play in achieving that goal. Ukactive's membership, which stands at over 3,000 members, includes operators of fitness facilities of all sizes, as well as local authority leisure centres, leisure trusts, outdoor fitness providers, trainers, sports providers, education and training providers, lifestyle companies, equipment suppliers and charities. Read more about ukactive here: <http://www.ukactive.com/about-us>