

## YMCA Awards Level 2 Certificate in Fitness Instructing 500/8269/3

### Purpose Statement

#### Overview

##### Who is this qualification for?

The **YMCA Awards Level 2 Certificate in Fitness Instructing** is widely recognised as the industry's minimum requirement to practice as a fitness instructor. It is for those who want to develop the knowledge, understanding and technical skills needed for a career in sport and active leisure as an employed/self-employed fitness instructor within one of the following disciplines: gym instructing, exercise to music, water-based exercise or children's fitness (see 'What this qualification could lead to' below).

This qualification has been specifically designed for the 16+ age group. It is based on fitness National Occupational Standards (NOS) and is recognised as the industry minimum requirement by the Register of Exercise Professionals (REPs) and employers. It also enables progression on to further learning within the health and fitness or active leisure sectors (see 'Progression to further learning' below). Learners will select this qualification if they are new to the industry and wish to be taught by a training provider (eg, a college) in a single discipline (eg, gym instructing). Current employment in the industry or a work placement is not required to undertake this qualification.

Alternatively learners may select the **YMCA Awards Level 2 NVQ Diploma in Instructing Exercise and Fitness** if they are already employed as fitness instructors and wish to demonstrate their competence in the workplace in one of the following disciplines: gym instructing, exercise to music, water-based exercise or children's fitness.

In contrast the **YMCA Awards Level 2 Diploma in Health, Fitness and Exercise Instruction** comprises the Level 2 Certificate in Fitness Instructing units but the learner is required to take a minimum of 2 disciplines (eg, gym instructing and children's fitness), along with a greater breadth of exercise-related skills and knowledge. Learners will select this qualifications if they want to undertake a larger programme of study to operate in the wider sector or if they are unsure which discipline to take.

Although the **YMCA Awards Level 2 Certificate in Fitness Instructing** is available within the Intermediate Activity Leadership and Exercise and Fitness Apprenticeship Frameworks as a knowledge-based qualification it is also widely accessed as a standalone qualification as it allows direct entry to the fitness industry within the job roles outlined below (see ‘What could this qualification lead to?’) without the need for current employment in the industry or a work placement. Being the smallest in the suite of ‘fitness instructing’ qualifications, it is also an ideal qualification for those re-engaging with learning or looking for a change of career.

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

No prior qualifications are required, learners need to be aged 16+.

**What does this qualification cover?**

The YMCA Awards Level 2 Certificate in Fitness Instructing is regulated by Ofqual, all of the content is vocationally related to the role of a fitness instructor and comprises of:

4 mandatory units that total 14 credits and 98 GLH (guided learning hours):

- Principles of exercise, fitness and health
- Anatomy and physiology for exercise
- Know how to support clients who take part in exercise and physical activity
- Health, safety and welfare in a fitness environment

Key topics/skills/knowledge covered:

- the heart and circulatory system
- the respiratory system
- structure and function of the skeleton
- musculoskeletal system
- postural and core stability
- the nervous system
- energy systems and their relation to exercise
- how to maintain health, safety and welfare in a variety of fitness environments, including the safeguarding of children and vulnerable adults
- the health benefits of physical activity and the importance of healthy eating
- how to communicate with clients effectively, and motivate clients to adhere to an exercise programme

4 optional pathways, consisting of planning and instructing units that total between 9 and 11 credits and between 59 and 64 GLH, depending on the pathway. Learners are required to select one of the following pathways:

**Gym-based exercise**

Learners will develop the knowledge and skills needed to plan and instruct gym-based exercise sessions for (apparently-healthy) adults of all ages. This involves learning how

to teach a variety of gym-based exercises and use a range of gym equipment to plan and deliver gym sessions. They will also learn how to provide effective support for clients who take part in exercise and physical activity.

### **Water-based exercise**

Learners will develop the knowledge and skills needed to plan and instruct water-based exercise sessions for (apparently-healthy) adults of all ages. This involves learning how to deliver a variety of water-based exercise formats, understanding the range of equipment available and designing sessions to suit a range of participants. They will also learn how to provide effective support for clients who take part in exercise and physical activity.

### **Exercise to music**

Learners will develop the knowledge and skills needed to plan and instruct exercise to music sessions for (apparently-healthy) adults of all ages. This involves designing sessions to cover a range of formats, looking at content and structure for delivery of sessions to a range of participants. They will also learn how to provide effective support for clients who take part in exercise and physical activity.

### **Health-related exercise and physical activity for children**

Learners will develop the knowledge and skills needed to plan and instruct health-related exercise and physical activity sessions for children. This involves designing sessions for children between the ages of 5 and 16, looking at the various formats, structure and content and ways to motivate the various age groups to increase participation rates. They will also learn how to provide effective support for children who take part in exercise and physical activity.

Learners are required to gain a minimum of 23 credits to be awarded the qualification. It equips learners with the specialist knowledge, understanding and skills they require to enter the fitness industry as a discipline specific instructor.

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

### **Future employment possibilities**

This qualification can lead to employment as a Fitness Instructor within the chosen discipline. Learners who complete this qualification are eligible to join the Register of Exercise Professionals (REPs) as a Level 2 member, specialising in their area of expertise. Potential roles at this level could include:

- Gym instructor – carrying out gym inductions and writing health-related gym programmes for gym members
- Aerobics or studio instructor – teaching a range of classes eg, cardio/body conditioning. The qualification enables the instructor to then take short courses to further enhance the range of classes they can offer such as Step, TRX etc.

- Aqua aerobics instructor – delivering water-based aerobics sessions in shallow water pools
- Children’s exercise and physical activity instructor – delivering fun activity sessions which could form part of school extra-curricular clubs or be delivered in other community settings and leisure centres

The above job roles are found in a range of settings:

- Gyms
- Health clubs
- Leisure centres/pools
- Community centres
- Schools

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

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

- Apprenticeship in Exercise and Fitness
- Level 2 NVQ Diploma in Instructing Exercise and Fitness
- Level 3 Diploma in Exercise Referral
- Level 3 Certificate in Personal Training
- YMCA Awards Level 3 Diploma in Personal Training and Instruction
- YMCA Awards Level 3 Diploma in Personal Training (Gym-based exercise)
- YMCA Awards Level 3 Diploma in Teaching Pilates
- YMCA Awards Level 3 Diploma in Teaching Yoga

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

This qualification is supported by REPs, (the Register of Exercise Professionals), an independent public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. One of their key functions is to provide a system of regulation for instructors and trainers to ensure that they meet the Health and Fitness Industry’s agreed National Occupational Standards.

To gain recognition by the Register of Exercise Professionals, instructors must provide evidence that they meet the National Occupational Standards that underpin the YMCA Awards Level 2 Certificate in Fitness Instructing. These standards are produced by Skills Active the Sector Skills Council for Active Leisure & Wellbeing, who represent the needs of the industry agreed by employers and other stakeholders. You can find out more about REPs here:

<http://www.exerciseregister.org/>