

## YMCA Awards Level 2 Certificate in Fitness Walking 600/6203/4

### Purpose Statement

#### Overview

The combination of the Level 2 mandatory units and walk leading units, provides learners with the knowledge, understanding and skills required to plan and deliver fitness walking sessions. On completion, this qualification will allow entry to REPs in the physical activity advisor category.

#### Who is this qualification for?

- Those individuals wishing to lead safe and effective walking sessions for groups of people with varying fitness and skill levels
- **What prior qualifications/levels of attainment are needed to take this qualification? Are there any age restrictions?**

No prior qualifications are needed to take this qualification

Learners need to be 16 or above to complete this qualification

#### What does this qualification cover?

The YMCA Awards Level 2 Certificate in Fitness Walking is regulated by Ofqual and comprises of a total of 18 credits.

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

- Anatomy and Physiology for Exercise
- Principles of Exercise, Fitness and Health
- Health, Safety and Welfare in a Fitness Environment
- Know how to Support Clients who take part in Exercise and Physical Activity
- Plan and Prepare a Walking Session
- Lead a Walking Session

Key topics/skills/knowledge covered:

- the structure and function of the heart, circulatory system, respiratory system and the skeleton
- knowledge of skeletal joints, muscular system, musculoskeletal system, posture, both energy systems and the nervous system and their relation to exercise
- the effects of exercise on the body, components of fitness, exercise contra-indications and safety guidelines for special populations, health benefits of physical activity and the importance of healthy eating

- how to apply principles and variables of fitness to an exercise programme and safely monitor exercise intensity
- health and safety requirements and emergency procedures in a fitness environment
- how to control risks in a fitness environment and safeguard children and adults
- how to form effective working relationships with clients, address barriers to exercise/physical activity that they experience, support them to adhere to exercise and provide them with on-going customer service
- the relationship between healthy living and walking and the benefits of walking programmes
- the importance of careful and thorough planning, preparation and structuring of a walking session

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

#### **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 Fitness Instructing
- Level 3 Diploma in Exercise Referral
- Level 3 Award in Adapting Exercise for Ante Natal and Post Natal Clients

### **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. We exist to serve anyone with a benefit to be gained or a role to play in achieving that goal.

Its 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>