

## **YMCA Level 2 Certificate in the Foundations of Strength and Conditioning (Trainer) (603/3413/7)**

### **Purpose Statement**

### **Overview**

### **Who is this qualification for?**

The YMCA Level 2 Certificate in Strength and Conditioning (Trainer) contains the knowledge, skills and behaviours recognised as the industry's minimum requirement for delivering strength and conditioning training. The units within this qualification have been written specifically so learners can engage, facilitate, educate and support clients in a strength and conditioning environment.

This qualification has been specifically designed for the 16+ age group. Units are based on standards for strength and conditioning developed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) alongside industry employers.

The qualification enables progression on to further learning within the health and fitness or active leisure/sport sectors (see progression to further learning below). Learners will select this qualification if they are either new to the industry or wish to specialise in strength and conditioning. Current employment in the industry or a work placement is not required to undertake this qualification.

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

Learners need to be 16 or above to complete this qualification. YMCA Awards recommend learners have some experience of participating in exercise e.g. gym, circuit training, sport specific training etc. participation in practical sessions are mandatory.

### **What does this qualification cover?**

The YMCA Level 2 Certificate in the Foundations of Strength and Conditioning (Trainer) is regulated by Ofqual and comprises of a 5 mandatory units awarding a total of 22 credits.

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

- Anatomy and physiology for exercise and fitness instructors (6 credits)
- Providing a positive customer experience in the exercise environment (5 credits)
- Lifestyle management and health awareness (2 credits)
- Plan and prepare strength and conditioning training (5 credits)
- Deliver strength and conditioning training sessions (4 credits)

Key topics/skills/knowledge covered:

- Anatomy and Physiology required when exercise programming and design for a range of clients
- Importance of professionalism, customer service, effective communication and interpersonal skills
- Knowledge and understanding of commonly occurring medically controlled diseases and health conditions
- Understanding of foundation strength and conditioning movements
- How to apply a range of strength and conditioning training methods

**awarding excellence**

- How to conduct basic assessments and movement screenings
- How to programme safe and effective strength and conditioning sessions
- How to deliver safe and effective strength and conditioning sessions

**Working with children** – Upon successful completion of this qualification, learners will be deemed competent to work with adolescents (11+).

Please note that those who wish to work with younger populations (5-11) must meet the CIMSPA Working with Children Professional standard or have other qualifications that bridge the gap in specialist skills and knowledge concerning the cognitive development of children.

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

#### **Future employment possibilities**

This qualification can lead to employment as a Strength and Conditioning Trainer within a gym or health/sports clubs setting.

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

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

- YMCA Level 2 Certificate in Gym Instructing
- YMCA Level 2 Award in Circuit Training
- YMCA Level 2 Certificate in Teaching Group Exercise to Music (Freestyle)
- YMCA Level 3 Diploma in Personal Training (Practitioner)
- YMCA Level 3 Diploma in Gym Instructing and Personal Training (Practitioner)
- YMCA Level 3 Diploma in Teaching Pilates (Practitioner)
- YMCA Level 3 Diploma in Exercise Referral
- YMCA Level 3 Award in Nutrition to Support Physical Activity

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

#### **CIMSPA (Chartered Institute for the Management of Sport and Physical Activity)**

This qualification is supported by Chartered institute for the Management of Sport and Physical Activity (CIMSPA). CIMSPA is an independent organisation 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 agree standards. To gain recognition by CIMSPA, instructors must provide evidence that they meet the standards that underpin the YMCA Level 2 Certificate in the Foundations of Strength and Conditioning (Trainer). You can find out more about CIMSPA here: <https://www.cimspa.co.uk>