

YMCA Awards Level 2 Diploma in Promoting Health and Wellness 601/0191/X

Purpose Statement

Overview

Who is this qualification for?

- Those who want to pursue a career in the sport, health and wellness, fitness and active leisure sectors.
- Those wishing to seek employment or self-employment in different settings such as health and fitness clubs and the wider community
- Those wishing to use the qualification as a platform for progression on to further learning within the health and fitness or active leisure sectors (see 'Progression to further learning' below)

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

No prior qualifications are required.

What does this qualification cover?

The YMCA Level 2 Diploma in Promoting Health and Wellness is a qualification regulated by Ofqual and comprises of:

- 12 mandatory units totalling 40 credits
 - 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
 - Engaging communities in physical activity
 - Plan and prepare a walking session
 - Lead a walking session
 - Food groups and digestion
 - Diet and nutrition for healthy living
 - Delivery of effective customer service
 - Know how to promote health for wellness
 - Utilising enterprise skills
- 4 pathways, consisting of planning and instructing units, learners are required to select 1 of the following pathway:
 - Gym-based exercise 10 credits
 - Exercise to music 10 credits
 - Water-based exercise 11 credits
 - Health related exercise and physical activity for children 9 credits

Learners are required to gain a minimum of 49 credits to be awarded the qualification. It equips learners with specialist knowledge, understanding and skills relevant to the role of the fitness instructor and health and wellness promotion within the wider community.

Key topics/skills/knowledge covered:

- anatomy and physiology covering the heart and circulatory system, the respiratory system, structure and function of the skeleton, musculoskeletal system, postural and core stability, the nervous and 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
- how to communicate with clients effectively and motivate clients to adhere to an exercise programme
- an understanding of the benefits of a balanced diet and its contribution to a healthy lifestyle
- an understanding of the principles of customer service
- how to plan and prepare group exercise sessions
- how to programme a variety of safe and effective exercise sessions for a range of clients
- how to instruct a variety of exercise sessions
- understand factors that influence health and fitness
- understand the scientific basis of health promotion
- know ways to use own enterprise skills and characteristics
- be able to use enterprise skills to plan, present and evaluate an enterprising project

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment as a 'Fitness Instructor' and will enable the learner to engage community groups in health and wellness activities.

Progression to further/higher level learning

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

- Level 3 Award in Nutrition for Physical Activity
- YMCA Awards Level 3 Award in Programming and Supervising Exercise with Disabled Clients (if gym or ETM pathway is selected)
- YMCA Awards Level 3 Award in Adapting Exercise for Independently Active, Older People (if gym or ETM pathway is selected)
- YMCA Awards Level 3 Award in Adapting Exercise for Ante Natal and Post Natal Clients (if gym or ETM pathway is selected)
- Level 3 Certificate in Personal Training (if gym pathway is selected)
- Level 3 Diploma in Exercise Referral (if gym pathway is selected)
- YMCA Awards Level 3 Diploma in Teaching Pilates (if gym or ETM pathway is selected)
- YMCA Awards Level 3 Diploma in Teaching Yoga (if gym or ETM pathway is selected)

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.

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>