

YMCA Awards Level 2 NVQ Diploma in Instructing Exercise and Fitness 501/0519/X

Purpose Statement

Overview

Who is this qualification for?

The **YMCA Awards Level 2 NVQ Diploma in Instructing Exercise and Fitness** is a work-based learning qualification designed to confirm a fitness instructors ability to apply the knowledge, understanding and skills relating to 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 recognized 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 the Level 2 NVQ Diploma in Instructing Exercise and Fitness if they wish to demonstrate their competence in the workplace in a single discipline (eg, gym instructing). Learners may already be working as fitness instructors and therefore would select this qualification over the Level 2 Certificate in Fitness Instructing .

Alternatively learners will select the **YMCA Awards Level 2 Certificate in Fitness Instructing** 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). 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, they will not require current employment in the industry or a work placement to undertake this qualification.

In contrast the **YMCA Awards Level 2 Diploma in Health, Fitness and Exercise Instruction** comprises similar units to the Level 2 NVQ Diploma in Instructing Exercise and Fitness 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 NVQ Diploma in Instructing Exercise and Fitness is available within the Intermediate Activity Leadership and Exercise and Fitness Apprenticeship Frameworks as a competence based qualification it is also widely accessed as a standalone

qualification which allows for confirmation of competency within the job roles outlined below (see ‘what could this qualification lead to?’) for those already in employment.

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 NVQ Diploma in Instructing Exercise and Fitness is regulated by Ofqual, all of the content is vocational and relates to instructing exercise and fitness in the workplace, this qualification comprises:

5 mandatory units that total 22 credits and 147 GLH (guided learning hours)

- Principles of exercise, fitness and health
- Anatomy and physiology for exercise
- Work with clients to help them to adhere to exercise and physical activity
- Reflect on and develop own practice in providing exercise and physical activity
- Promote health, safety and welfare in active leisure and recreation

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
- the health benefits of physical activity and the importance of healthy eating
- motivating and communicating effectively with clients
- health, safety and welfare

4 optional pathways, consisting of planning and instructing units that total between 15 and 17 credits and between 76 and 88 GLH depending on the pathway. Learners are required to select one of the following pathways:

Gym-based exercise

Learners will demonstrate the knowledge and skills needed to plan and instruct gym-based exercise sessions for (apparently healthy) adults of all ages. This involves showing competence teaching a variety of gym based exercise sessions and using a range of gym equipment to plan and deliver gym sessions. They will also demonstrate how to provide effective support for clients who take part in exercise and physical activity.

Water-based exercise

Learners will demonstrate the knowledge and skills needed to plan and instruct water based exercise sessions for (apparently healthy) adults of all ages. This involves showing competence teaching various water based exercise formats and using the range of equipment available to designing and instruct sessions to suit a range of participants. They will also demonstrate how to provide effective support for clients who take part in exercise and physical activity.

Exercise to music

Learners will demonstrate the knowledge and skills needed to plan and instruct exercise to music sessions for (apparently healthy) adults of all ages. This will involve showing competence in the design and delivery of sessions covering a range of formats, content and structure to allow for delivery of sessions to a range of participants. They will also demonstrate 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 demonstrate the knowledge and skills needed to plan and instruct health related exercise and physical activity sessions for children. This will involve showing competence in the design and delivery of sessions for children between the ages of 5 and 16, looking at the various formats, structure and content and demonstrating ways to motivate the various age groups to increase participation rates. They will also demonstrate how to provide effective support for children who take part in exercise and physical activity.

Learners are required to gain a minimum of 37 credits to be awarded the qualification. It equips learners with specialist knowledge, understanding and skills relevant to confirm their competence in the role of the fitness instructor in a work-based setting.

What could this qualification lead to?

Employment possibilities

This qualification can lead to permanent 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 permanent job 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 a water-based aerobics session in shallow water pools
- Children’s exercise and physical activity instructor – delivering fun activity sessions, within their current employment setting.

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 3 Certificate in Personal Training
- Level 3 Diploma in Exercise Referral
- 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 qualifications 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 NVQ Diploma in Instructing Exercise and Fitness. 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/>