

YMCA Awards Level 3 Award in Instructing Boot Camp Fitness Training 601/3517/7

Purpose Statement

Overview

The purpose of this qualification is described by its 'aim', which is provided in the qualification specification and syllabus. The aim is stated as follows:

"The aim of this qualification is to provide the learner with the knowledge and understanding required to plan and deliver safe and effective boot camp fitness training sessions that incorporate the use of natural resources, natural features and temporary structures."

1. The YMCA Awards Level 3 Award in Instructing Boot Camp Fitness Training comprises 2 mandatory units (total credit value 6) that equip fitness instructors and physical activity advisers with specialist knowledge, understanding and skills relevant to the role of boot camp fitness instructor.

Knowledge and understanding relating to the qualification:

- Benefits of boot camp fitness training and exercising in the outdoors
- Methods of minimising the health and safety risks associated with boot camp fitness training
- Environmental considerations associated with boot camp fitness training
- Importance of considering other users of the outdoor environment during boot camp fitness training

Skills relating to the qualification:

- How to plan safe and effective boot camp fitness training sessions using natural resources, natural features and temporary structures
- How to deliver safe and effective boot camp fitness training sessions
- Ways of motivating participants during 'extreme' boot camp fitness training sessions

Learners need to hold one of the following pre-requisite qualifications:

- YMCA Awards Level 2 Certificate in Fitness Instructing in any of the following disciplines:
 - Gym-based exercise
 - Exercise to music
 - Water-based exercise
 - Health-related exercise and physical activity for children
- YMCA Awards Level 2 Certificate in Fitness Walking
- YMCA Awards Level 2 Certificate in Instructing Circuit Training Sessions

Progression

This qualification can lead to employment as a boot camp fitness training instructor.

It also provides progression to other qualifications, for example, a Level 3 Certificate/Diploma in Personal Training, an advanced level apprenticeship in exercise and fitness or to a higher education degree.

Support

This qualification is supported by REPs, an independent public Register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. One of its 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. Read more about REPs here: <http://www.exerciseregister.org/about-reps/about-reps>