

## YMCA Awards Level 3 Award in Instructing Outdoor Fitness (600/1144/0)

### Purpose Statement

#### Overview

##### Who is this qualification for?

- Those seeking a qualification to provide them with the specialist knowledge and skills required to design and deliver safe and effective fitness training sessions to groups of participants in outdoor environments.
- Those who are currently delivering fitness training sessions to groups of participants in outdoor environments and who wish to have their experience and knowledge recognised by a formal qualification

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

Level 2 Certificate in Fitness Instructing - Gym-Based Exercise or Exercise to Music (or equivalent)

##### What does this qualification cover?

The YMCA Awards Level 3 Award in Instructing Outdoor Fitness is regulated by Ofqual 1 mandatory units awarding a total of 3 credits.

##### Mandatory units

- Planning and Delivering Group Exercise Sessions in the Outdoor Environment (3 credits)

It equips learners with the following specialist knowledge, understanding and skills

- The considerations involved in working with groups in outdoor environments
- How to plan a range of exercises relevant to groups of participants outdoors, using body weight, environment, and small equipment
- Opportunities and limitations presented by the environment
- How to instruct safe and effective group exercise sessions in outdoor environments

#### What could this qualification lead to?

##### Future employment possibilities

This qualification can lead to employment as an outdoor exercise fitness instructor within a fitness centre and/or related occupational areas

### **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 Sports Conditioning
- Level 3 Diploma in Personal Training and Instruction
- Level 3 Award in Instructing Boot Camp Fitness Training

### **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>