

## YMCA Awards Level 2 Certificate in Gym Instructing (603/2767/4)

### Purpose Statement

#### Overview

#### Who is this qualification for?

The **YMCA Level 2 Certificate in Gym Instructing** is recognised as the industry's minimum requirement to practice as a gym instructor. 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 gym instructor.

This qualification has been specifically designed for the 16+ age group. It is based on the Gym Instructor standards developed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) alongside industry employers and is recognised as the minimum requirement for employment in the industry.

The qualification enables progression on to further learning within the health and fitness or active leisure sectors (see 'Progression to further learning' below). Learners will select this qualification if they are new to the industry and wish to be taught by a training provider (e.g., a college) in a single discipline (e.g., gym instructing). 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?

There are no pre-requisites for this qualification, however learners must be aged 16+.

**What does this qualification cover?** The YMCA Level 2 Certificate in Gym Instructing is regulated by Ofqual and QW and comprises 5 mandatory units awarding a total of 21 credits.

#### Mandatory units

- Anatomy and physiology for exercise and fitness instructors (6 credits)
- Providing a positive customer experience in the exercise environment (5 credits)
- Lifestyle and health awareness management (2 credits)
- Gym-based programme planning and preparation (3 credits)
- Gym-based programme delivery and professional instruction (5 credits)

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

Key topics/skills/knowledge covered:

- Anatomy and physiology including the circulatory system, the respiratory system structure and function of the skeleton, muscular system, digestive system, energy and nervous systems and their relation to exercise
- Customer service and communication skills to provide a positive customer experience in the exercise environment
- Health, safety and welfare requirements in the exercise environment, including safeguarding children and vulnerable adults

### awarding excellence

- Promoting a healthy lifestyle and supporting clients including; consultations and assessments in order to support clients on adopting behaviours to prevent specific health conditions
- Gym based exercise programming for a range of clients
- Professional delivery of safe and effective gym-based exercise sessions for a range of clients, including individuals and groups

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

### **Future employment possibilities**

This qualification can lead to employment as a gym instructor within gym or health clubs in both public and private sectors. The role would primarily involve carrying out gym consultations, inductions and writing health-related gym programmes for a range of customers/members.

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

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

Level 3 Diploma in Personal Training (Practitioner)

Level 3 Diploma in Teaching Pilates

Level 3 Diploma in Teaching Yoga

Level 3 Diploma in Exercise Referral

## **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 agreed Standards. To gain recognition by CIMSPA, instructors must provide evidence that they meet the Standards that underpin the YMCA Awards Level 2 Certificate in Gym Instructing. You can find out more about CIMSPA here: <https://www.cimspa.co.uk/>

### **REPs (Register of Exercise Professionals)**

Achievement of this qualification will provide entry to the REPs category of Level 2 Gym

Launched in 2002, REPs is an independent, public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. REPs provides a system of regulation for instructors and trainers to ensure that they meet the health and fitness industry's agreed National Occupational Standards.

REPs provides assurance and confidence to the public and employers that all professionals on the Register are appropriately qualified and have the knowledge, competence and skills to perform their role effectively.

REPs was developed to protect the public from trainers who do not hold appropriate qualifications. As well as protecting the public, REPs was also established to recognise the qualifications and skills of exercise professionals.

To read more about REPs please visit <http://www.exerciseregister.org/about-reps/about-reps>