

Greg Small
Head of Membership – REPs UK
Castlewood House
77-91 New Oxford Street
London
WC1A 1DG

Ms Vicky Mose
Product Manager
Central YMCA Qualifications
112 Great Russell Street
London
WC1B 3NQ

Monday 16 February, 2015

Dear Ms Mose,

RE: Support for CYQ Level 2 Certificate in Fitness Instructing (QCF) 500/8269/3

About REPs

REPs, (the Register of Exercise Professionals), is an independent public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. One of our 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. 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/>

Support for CYQ Level 2 Certificate in Fitness Instructing (QCF) 500/8269/3

The above-named qualification is highly valued by REPs since it reflects the knowledge and skills required to meet the National Occupational Standards relevant to this role. Having been developed for employers by employers, in collaboration with industry awarding organisations, led by SkillsActive, this common unit qualification reflects the industry standard that has business recognition country-wide.

This qualification provides specialist knowledge, skills and understanding in anatomy and physiology relating to exercise, principles of training, health and safety, customer support, planning and instructing exercise sessions, all of which are integral to the role of a fitness instructor within the health and fitness industry. It enables the learner to enter the fitness industry via one of four different pathways, providing the industry with discipline-specific instructors such as gym instructors, aerobic/studio instructors, aqua aerobics instructors and children's health and fitness instructors, working in a number of settings such as leisure centres, gyms, schools and other community settings. Additionally, the generic transferrable skills acquired during its completion will prove invaluable to learner and employer alike.

This qualification benefits learners by allowing them to join the Register of Exercise Professionals (REPs) as level 2 members, specialising in their area of expertise. It also enables learners to progress to level 3 membership as personal trainers, to further enhance their employability and skill set.

Details of the qualification can be found here:

http://register.ofqual.gov.uk/Qualification/Details/500_8269_3

Yours sincerely,

Greg Small



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