

YMCA Level 2 Certificate in Teaching Group Exercise to Music (Freestyle) (RQF) (603/3406/X)

Purpose Statement

Overview

Who is this qualification for?

The YMCA Level 2 Certificate in Teaching Group Exercise to Music (Freestyle) (RQF) contains the knowledge, skills and behaviours recognised as the industry's minimum requirement for teaching core group exercise. The units within this qualification have been written specifically for the context of teaching exercise to music (freestyle) sessions. It is for those who wish to develop the knowledge, understanding, communicative and technical skills needed for a career in teaching group exercise to music (freestyle).

This qualification has been specifically designed for the 16+ age group. Units are based on standards for core group exercise developed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) alongside industry employers.

The qualification enables progression on to further learning within the health and fitness or active leisure/sport sectors (see progression to further learning below). Learners will select this qualification if they are either new to the industry or wish to specialise in teaching group exercise and wish to be taught by a training provider (e.g., a college) in a single discipline (e.g., group exercise to music (freestyle)). Current employment in the industry or a work placement is not required to undertake this qualification.

What prior qualification/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+. It is, however recommended learners have some experience of participating in group exercise/exercise to music sessions.

What does this qualification cover?

The YMCA Level 2 Certificate in teaching group exercise to music (freestyle) is regulated by OFQUAL and QW and comprises of 5 mandatory units awarding a total of 20 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 management and health awareness (2 credits)
- Principles of planning and delivering group exercise (5 credits)

- Plan and deliver group exercise to music (freestyle) (2 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
- Promoting a healthy lifestyle and supporting clients including encouragement to adopt behaviours to prevent specific health conditions and the benefits of taking part in physical activity from an early age
- Group exercise to music (freestyle) session programming for a range of clients
- Professional delivery of safe and effective group exercise to music sessions for a range of clients

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment as a group exercise to music instructor within gym or health clubs or within a community setting in both public and private settings

The role would primarily involve carrying out exercise to music (freestyle) sessions for a range of clients.

Progression to further/higher level learning

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

Level 2 Certificate in Gym Instructing
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)

awarding excellence

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 agree standards. To gain recognition by CIMSPA, instructors must provide evidence that they meet the standards that underpin the YMCA Awards Level 2 Certificate in in Exercise to Music (Freestyle). You can find out more about CIMSPA here:

<https://www.cimspa.co.uk>