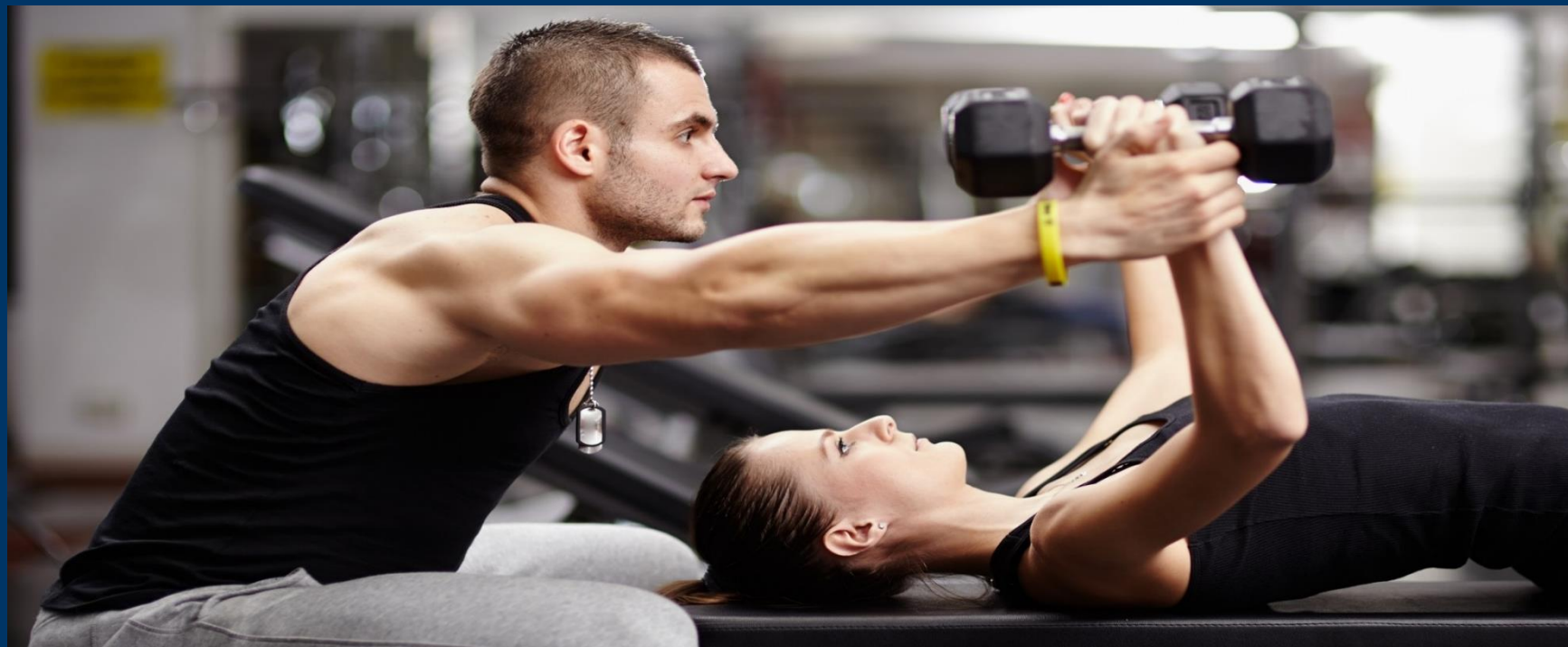


1st4sport Level 2 NVQ Diploma in Instructing Exercise and Fitness



Qualification Specification

Qualification Overview:	This qualification qualifies learners to be able to work in a fitness instructing role in one of the following disciplines: gym-based exercise, exercise to music, water-based exercise or exercise and physical activity for children.						
Qualification Code:	601/6791/9	Level:	2	Age:	16	Registration Period:	2 years
Guided Learning (GL):	242	Total Qualification Time (TQT):	370	Credit Value:	37	Operational From:	01 December 2015
Progression Opportunities	Learners may progress onto a personal training qualification or choose alternative pathways in addition to seeking employment as a fitness instructor in a paid or voluntary capacity.						

Qualification Objective
What does this qualification cover?
This qualification qualifies learners to be able to work in a fitness instructing role in one of the following disciplines: gym-based exercise, exercise to music, water-based exercise or exercise and physical activity for children.
Who is the qualification for?
This qualification is for learners who wish to become exercise and fitness instructors. Whilst the qualification does enable learners to choose from one of four pathways; the qualification is predominately aimed at those wishing to specialise in instructing via the gym based pathway or those who operate as sports coaches that aspire to develop gym based fitness competencies.
Who supports this qualification?
The qualification has the support of CIMSPA , the Chartered Institute for the Management of Sport and Physical Activity, as an industry-relevant qualification contributing to the industry's professional framework.
Qualification Progression
What future education could this qualification lead to?
Learners could progress onto the: <ul style="list-style-type: none"> • 1st4sport Level 3 Certificate in Coaching Strength and Conditioning for Sport • 1st4sport Level 3 NVQ in Personal Training • 1st4sport Level 3 Certificate in Supporting Physical Development and Physical Activity in the Early Years • 1st4sport Level 3 Certificate in Supporting the Delivery of Physical Education and School Sport • 1st4sport Level 3 NVQ Diploma in Supporting the Delivery of Physical Education and School Sport

What future employment could this qualification lead to?
Potential job roles include: <ul style="list-style-type: none"> • Gym instructor; delivering gym inductions and designing health related gym programmes • Studio instructor; delivering a range of classes for example aerobics or body conditioning. The qualification enables the instructor to then further continued professional development activities to further enhance the range of classes they are able to deliver (for example step classes) • Aqua aerobics instructor; delivering a water-based aerobics session in shallow water pools • Children's exercise and physical activity instructor; delivering fun activity sessions, within an employment setting.
Qualification Achievement
Entry Requirements for the Qualification
The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification are considered and outcomes recorded during the application process.
Prior to registration learners are required to: <ul style="list-style-type: none"> • be accurately identified • be at least 16 years of age • be able to communicate effectively in English (this includes listening, speaking, reading and writing).
There are no additional pre-requisites to certification other than successful completion of all learning outcomes and assessment criteria.
How is the Qualification Achieved?
The qualification is normally achieved through attendance on a programme of training and assessment completed in the workplace.
What will be assessed?
The assessment specification requires learners to create a portfolio of evidence referencing all learning outcomes and assessment criteria.

Please note, two units are assessed by an externally set, internally marked examination.

How will it be assessed?

This qualification contains a range of units to be completed by the learner. Each unit is comprised of a number of learning outcomes and identified assessment criteria to be completed.

Learning Outcomes that begin 'The learner will **understand...**' will be assessed through theory based activities.

Learning Outcomes that begin 'The learner will **be able to...**' are assessed through practical activities.

For example:

Learning outcomes The learner will:	Assessment criteria The learner can:
1 understand how to ensure participants' safety during sport specific coaching sessions	1.1 describe the health and safety requirements that are relevant to planned sport-specific activities and competition.
	1.2 describe how to structure coaching sessions to minimise the risk of injury to participants.
2 be able to prepare resources for the coaching session	2.1 ensure that the identified resources meet the requirements of the activity.

Qualification Delivery

What workforce is needed to be able to deliver this qualification?

The recognised centre is required to have a qualified and competent qualification workforce in place which includes as a minimum.

- a qualification administrator
- a qualification coordinator
- an appropriately qualified tutor/ assessor:
- an appropriately qualified internal quality assurer (IQA)

Further information on workforce requirements are available from 1st4sport Qualifications on request.

What facilities are needed to be able to deliver this qualification?

Recognised centres require a practical space to be used for training and assessment activities; appropriate to also the pathway context delivered by the centre. This will include:

- a fitness suite for gym-based exercise
- an appropriate space to allow participants to participate safely in exercise to music
- a wet environment suitable for instructing group water-based exercise (most commonly this will be a swimming pool)
- a space large enough to deliver planned exercise and physical activity for children safely and effectively
- a theory space which may include a classroom (for those centres which provide theory based learning). This must contain multimedia facilities such as data projector and laptop, flip chart and pens.

What equipment is needed to be able to deliver this qualification?

For the gym based exercise pathway, recognised centres must have access to the following weight bearing equipment:

- Benches
- 4 Dumbbells
- Seated lat pull down machine
- 4 squat rack and 4 listing platforms
- Minimum of 8 broom sticks. Ideally venues would have a broomstick or light (7kg) training bar for each participant
- 4 Olympic bars
- 4 pairs of 5kg number (rubber) discs
- Assortment of small discs (2.5kg, 5kg, 10kg) to fit each Olympic bar
- Various collars to fit the Olympic bars

Additional information for pathway specific equipment is available within the qualification handbook.

What qualification materials support this qualification?

This qualification is supported by a number of additional documents which must be read by all relevant personnel within recognised centres approved to offer this qualification. These include the *1st4sport Level 2 NVQ Diploma in Instructing Exercise and Fitness*:

- *Qualification Handbook*, detailing the 1st4sport Qualification Approval Conditions and the Delivery, Assessment and Quality Assurance Approach for this qualification
- *Qualification Unit Specifications*, detailing the Learning Outcomes and Assessment criteria for the qualification
- *Learner Portfolio*, containing a series of pre-standardised assessment tools and templates to support the learner's achievement of the qualification.
- *Qualification Handbook Delivery, Assessment and Quality Assurance Approach*, detailing the recommended learning programme, exemplar assessment answers and levels of attainment and guidance to the internal quality assurance

How much does this qualification cost?

Qualification registration and certification fees are available from 1st4sport Qualifications on request. Centres need to factor in facility and workforce costs in order to determine a Qualification Fee for learners.

How to apply to deliver this qualification

Contact 1st4sport Qualifications, requesting qualification approval for the *1st4sport Level 2 NVQ Diploma in Instructing Exercise and Fitness*

Tel: 0113 290 7610

Email: enquiries@1st4sportqualifications.com

Website: www.1st4sportqualifications.com

Contacts

1st4sport Qualifications

Tel: 0113 290 7610

Email: enquiries@1st4sportqualifications.com

Website: www.1st4sportqualifications.com

UK Coaching

Tel: 0113 274 4802

Email: via www.ukcoaching.org/contact

Website: www.ukcoaching.org

SkillsActive

Tel: 0330 004 0005

Website: www.skillsactive.com

Ofqual

Tel: 0300 303 3344

Email: public.enquiries@ofqual.gov.uk

Website: www.gov.uk/government/organisations/ofqual

Qualification Structure (Rule of Combination)

Learners must successfully achieve five mandatory units, and two mandatory units from their chosen pathway, obtaining a minimum of 37 credits. Achievement of the qualification is normally through attendance on a course of training and successful completion of assessment tasks.

Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Promote health, safety and welfare in active leisure and recreation	2	6	30	D/601/4484	Written Tasks, Observation of Delivery
Anatomy and physiology for exercise	2	4	41	H/600/9013	Written Tasks, Observation of Delivery, MCQ exam
Principles of exercise, fitness and health	2	4	28	A/600/9017	Written Tasks, Observation of Delivery, MCQ exam
Work with clients to help them to adhere to exercise and physical activity	2	4	25	A/601/7361	Written Tasks, Observation of Delivery
Reflect on and develop own practice in providing exercise and physical activity	2	4	23	F/601/7362	Written Tasks, Observation of Delivery
Optional Pair A – Gymnasium					
Plan and prepare gym-based exercise	2	9	43	J/601/7363	Written Tasks, Observation of Delivery
Instruct and supervise gym-based exercise	2	8	43	L/601/7364	Written Tasks, Observation of Delivery
Optional Pair B – Exercise to Music					
Plan and prepare group exercise to music	2	8	33	R/601/7365	Written Tasks, Observation of Delivery
Instruct group exercise to music	2	8	43	Y/601/7366	Written Tasks, Observation of Delivery
Optional Pair C – Aqua					
Plan and prepare water-based exercise	2	8	35	D/601/7367	Written Tasks, Observation of Delivery
Instruct water-based exercise	2	8	41	H/601/7368	Written Tasks, Observation of Delivery
Optional Pair D – Exercise and Physical Activity for Children					
Plan and prepare health related exercise and physical activity for children	2	8	55	K/601/7369	Written Tasks, Observation of Delivery
Instruct health related exercise and physical activity to children	2	7	40	D/601/7370	Written Tasks, Observation of Delivery

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1st4sport Qualifications
Coachwise Ltd
Chelsea Close Off
Amberley Road
Armley
Leeds LS12 4HP

Tel: 0113 290 7610
Fax: 0113-231 9606

Email: enquiries@1st4sportqualifications.com
Website: www.1st4sportqualifications.com

Developing and awarding qualifications for the active learning and leisure industry

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