

Statement of Declared Purpose

Training Provider Name	FitAsylum
Awarding organisation name	Active IQ
Name of regulated qualification	Certificate in Fitness Instructing (QCF)
Qualification level	Level 2
Qualification accreditation number	500/8756/3
Qualification type	Qualifications and Credit Framework (QCF)

Qualification Overview

The Level 2 Certificate in Fitness Instructing (QCF) will equip learners to prepare for employment in a specific occupational area. The qualification allows learners to train to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes within a gym or health club environment. The qualification will provide entry onto the Register of Exercise Professionals (REPs) at Level 2 and can be achieved in the context of Gym, Exercise to music, Water-based Exercise and Physical Activity for Children. To read more about REPs please visit: <http://www.exerciseregister.org/about-reps/about-reps>

To achieve the qualification learners must complete 4 mandatory units from the mandatory group (14 credits) and one optional pairing in the context of either Gym, Exercise to Music, Water-based Exercise or Exercise and Physical Activity for Children. The total credit value of the qualification is 23 credits.

Mandatory Units:

- Principles of exercise, fitness and health (Level 2, 4 credits)
- Anatomy and physiology for exercise (Level 2, 6 credits)
- Know how to support clients who take part in exercise and physical activity (Level 2, 2 credits)
- Health, safety and welfare in a fitness environment (Level 2, 2 credits)

Optional Pairing - Gym

- Instructing gym-based exercise (Level 2, 6 credits)
- Planning gym-based exercise (Level 2, 4 credits)

Optional Pairing – Exercise to Music

- Planning group exercise to music sessions (Level 2, 4 credits)
- Instructing group exercise to music (Level 2, 6 credits)

Optional Pairing – Water-Based Exercise

- Planning water-based exercise (Level 2, 5 credits)
- Instructing water-based exercise (Level 2, 6 credits)

Optional Pairing – Exercise and Physical Activity for Children

- Planning health related exercise and physical activity for children (Level 2, 3 credits)
- Instructing health related exercise and physical activity to children (Level 2, 6 credits)

This qualification is open to all and no previous experience or qualifications are required; however, some experience of gym-based exercises, including free weights, is highly recommended. There are no specific pre-requisite qualifications; but there is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at Level 2. The course also requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary

The qualification has been developed for:

- Adults (aged 16+) wishing to pursue a career in the health and fitness sector as fitness instructors

The Active IQ Level 2 Certificate in Fitness Instructing enables progression to the Intermediate Exercise and Fitness and Activity Leadership Apprenticeships and the Advanced Apprenticeship in Exercise and Fitness. It also provides direct progression to the following:

- Level 2 NVQ Certificate in Instructing Exercise and Fitness, for learners who wish to develop and demonstrate occupational competence in fitness instruction in the work place
- Level 3 Certificate in Personal Training (QCF)
- Active IQ Level 3 Diploma in Personal Training and Business Skills for Fitness Professionals (QCF)
- Level 3 Diploma in Exercise Referral (QCF) for those who wish to work with special populations
- Level 3 NVQ Diploma in Personal Training (QCF)
- Learners may also progress on to the Active IQ Level 3 Certificate in Sports Massage, where they will be provided with the knowledge and skills to practice sports massage alongside fitness instructing in a health club environment
- Learners may also broaden their knowledge and skills by progressing to other Level 2 qualifications in instructing such as Circuits and Studio Cycling.

Support for the qualification has been provided by the following Professional Body:

- ukactive

To read more about ukactive please visit <http://www.ukactive.com/>