

Purpose Statement

NCFE Level 2 Certificate in Fitness Instructing (500/8513/X)

1. Overview

What does this qualification cover?

The QCF qualification aims to provide learners with the skills and knowledge necessary to plan, deliver and evaluate safe and effective fitness instruction sessions via the context of the 4 different pathway choices; gym-based exercise, exercise to music, water-based exercise and physical activity for children.

The qualification will help learners to find employment in the fitness industry and help enhance the status of employees already within the fitness industry. It aims to promote good practice in fitness instructing by working to a common standard which is nationally recognised.

The requirement for learners to complete 4 mandatory units ensures they gain an understanding of fitness instruction. Learners will have the opportunity to develop their theoretical knowledge of the subject, including anatomy and physiology as well as developing their practical skills.

Learners will develop a basic understanding of the values and principles which underpin all work in this sector, eg working with clients, health and safety within the fitness sector, team working skills, reflective learning, self-discipline, having a positive and cooperative attitude, self-assessment of strengths and weaknesses, self-improvement and development, respect for others and being able to discuss and comment on the work of others positively.

This qualification consists of 4 mandatory units:

- Anatomy and physiology for exercise (H/600/9013)
- Know how to support clients who take part in exercise and physical activity (M/600/9015)
- Health, safety and welfare in a fitness environment (T/600/9016)
- Principles of exercise, fitness and health (A/600/9017)

Learners must also achieve 2 optional units in a specific pathway:

Gym-Based Exercise pathway

- Planning gym-based exercise (F/600/9018)
- Instructing gym-based exercise (A/600/9017)

Exercise to Music pathway

- Planning group exercise to music sessions (F/600/9021)
- Instructing group exercise to music (J/600/9022)

Water-Based Exercise pathway

- Instructing water-based exercise (R/600/9024)
- Planning water-based exercise (L/600/9023)

Exercise and Physical Activity for Children pathway

- Planning health-related exercise and physical activity for children (A/600/9048)
- Instructing health-related exercise and physical activity to children (T/600/9050)

Through the choice of optional units learners will have the opportunity to explore different aspects of fitness instructing, including planning sessions and working with specific groups of clients in specific venues, focusing their development and understanding of knowledge of theories and practices in their own chosen pathway.

Who could take this qualification or who is this qualification designed for?

This qualification is designed for learners aged 16 and above. There are no specific recommended prior learning requirements for this qualification.

The NCFE Level 2 Certificate in Fitness Instructing is an ideal qualification for learners who wish to obtain underpinning knowledge of theories and practices of the fitness industry to progress into employment or further education and training.

2. What could this qualification lead to?

Will the qualification lead to employment and, if so, in which job role at which level?

The qualification provides learners with a good insight into the skills and knowledge they require, not only for working in this sector, but generic, transferable skills that all employers would welcome. The choice of units offered across level 2 gives learners the opportunity to demonstrate a variety of transferable skills that employers are seeking.

Will the qualification support progression to further learning, if so, what to?

Learners undertaking this qualification could progress into further education, including the following qualifications:

- Level 2 NVQ in Sport, Recreation and Allied Occupations
- Level 2 NVQ Certificate in Activity Leadership
- Level 2 NVQ Diploma in Instructing Exercise and Fitness
- Level 3 Certificate in Personal Training

3. Who supports the qualification?

This qualification is supported by employers from the Fitness and Sport and Recreation industries. For further information please contact NCFE on 0191 239 8000.