

Qualification Specification

Focus Awards Level 2 Certificate in Fitness
Instructing (Gym-Based Exercise) (RQF)

601/4739/8



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Qualification Details

QRN: 601/4739/8

Credit: 24

GLH: 158

TQT: 240

Qualification Purpose

The aim of this qualification is to provide learners with the skills and knowledge to a professionally competent level enabling them to plan deliver and evaluate safe and effective fitness instruction sessions unsupervised via the context of gym-based exercise.

The objective of the qualification is to develop knowledge and understanding of the key principles of exercise, fitness and health. To develop learner knowledge and understanding of anatomy and physiology of the human body and developing effective working relationships with clients, and developing the knowledge and understanding that need to maintain health, safety and welfare in a fitness environment

Learner Entry Requirements

Focus awards do not specify any entry requirements for this qualification. Entry is at the discretion of the centre

Age Ranges

Learners should be 16 to undertake this qualification.

Geographical Coverage

This qualification is available in England and Northern Ireland.

Assessment Methods

The Level 2 Certificate in Fitness Instructing (Gym-based) is **internally assessed**.

Each learner is required to create a portfolio of evidence which demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include;

- Assessor observation
- Witness Testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

- Level 2 Award in Instructing Kettlebells
- Level 2 Award in Instructing Circuit sessions
- Level 3 Certificate in Personal Training
- Level 2 Certificate in Coaching Strength and Conditioning for Sport

Useful websites and supporting materials

- www.focusawards.org.uk/supportingmaterials
- <https://focusexerciseprofessionals.uk/>
- www.ofqual.gov.uk

National Occupational Standards

- National Occupational Standards for Instructing Exercise and Fitness.

Qualification Structure/Rules of Combination

Learners must achieve **all the following 6 mandatory units** to achieve a total credit of **24**.

Unit Title	Unit Ref	Level	GLH	Credit
Principles of exercise, fitness and health	A/600/9017	2	28	4
Anatomy and physiology for exercise	H/600/9013	2	41	6
Know how to support clients who take part in exercise and physical	M/600/9015	2	13	2

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activity				
Health, safety and welfare in a fitness environment	T/600/9016	2	16	2
Planning gym-based exercise	F/600/9018	2	23	4
Instructing gym-based exercise	A/600/9020	2	37	6

Requirements for Tutors

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however; consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area

Requirements for assessors:

Assessors will be required to hold, or be working towards a relevant assessing qualification. This may include qualifications such as the Level 3 Certificate in Assessing Vocational Achievement, or the Level 3 Award in Assessing Competence in the Work Environment. Focus Awards will however; consider other relevant assessing qualifications upon submission. Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor. Assessors must also be able to show they are occupationally competent within the sector area..

Requirements for Internal Quality Assurers (IQA):

Internal Quality Assurers should hold or be working towards the following an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however; consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.