

Advanced Fitness Instructing (Cym)

Introduction

A vocationally related qualification (VRQ), at Level 3 on the National Qualifications Framework. It provides access onto the Register of Exercise Professionals (REPs) at Level 3.

Candidates will develop existing knowledge and skills in gym instruction to enable them to plan and instruct progressive programmes of exercise specific to a client's goals and needs.

Entry requirements

Candidates must hold a Level 2 certificate in fitness instructing gym as recognised by the Register of Exercise Professionals (REPs).

The programme requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.

As there is an element of communication (discussing, presenting, reading and writing) and application of number involved, candidates should have basic skills in communication and application of number pitched at Levels 3 and 2 respectively.

Qualification structure

Unit 1 – Advanced Exercise and Fitness Knowledge
(J/500/6059)

Unit 2 – Advanced Resistance Training (F/500/6061)

Unit 3 – Advanced Cardiovascular Training
(A/500/6060)

Gym Assessment

Internally assessed:

Portfolio of Evidence to cover a 12 Week Progressive Programme of Exercise for a Client

Practical Observed Assessment.

Externally assessed:

A 105 minute external theory paper consisting of 50 multiple - choice questions set and marked by Active IQ.

Contact Gryphon Training

For further details please email:

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REPs points: 20