

Fitness Instructing (CYM)

Introduction

A vocationally related qualification (VRQ), at level 2 on the National Qualifications Framework. It also provides access onto the Register of Exercise Professionals (REPs) at level 2.

Entry requirements

In the context of Gym:

Some experience of gym-based exercises, including free weights, is highly recommended.

General requirements

The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary. There is also an element of communication (discussing, presenting, reading and writing) involved and candidates should have basic skills in communication pitched at Level 2.

Qualification structure

Unit 1 – Exercise and fitness knowledge Level 2 (J/500/5915)

Unit 2 – Health, safety and professionalism in Exercise and Fitness Instruction (R/500/5917)

Unit 3 – Instructing gym (T/500/7529)

Assessment

Internally assessed:

Portfolio of Evidence to include:

Risk Assessment safety planning document

Par Q Screening

Session Plan

Session Evaluation

Direct observation of candidate instructing a

gym session or group exercise to music session

Standardised worksheet

Externally assessed:

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

Contact Gryphon Training

For further details please email:

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REPs points: 20