

Instructing Exercise & Fitness NVQ Diploma Level 2

Awarding Body OCR

Course Details

You will study the following units;

- Anatomy & Physiology for Exercise.
- Principles of Exercise, Fitness & Health.
- Promote Health, Safety & Welfare in Active Leisure & Recreation.
- Work with Clients to Help Them Adhere to Exercise & Physical Activity.
- Reflect on & Develop Own Practice in Providing Exercise & Physical Activity.
- Plan & Prepare Gym-based Exercise.
- Instruct & Supervise Gym-based Exercise.

Students will be expected to purchase and wear the course sports kit in all practical sessions.

A Course For

This course is designed for those who would like to teach exercise and fitness in the gym and leisure industry.

Entry Requirements

Candidates should hold 5 GCSE grades D-E including English and should have basic experience of participation in exercise sessions.

Assessment

Anatomy & Physiology is assessed by means of a written exam. Some units are assessed by providing evidence of competence and will involve assessments of practical performance. Each candidate requires a portfolio of evidence.

Learning Outcome

Candidates reaching the appropriate standard after assessment of competence in all units required will be awarded the certificate OCR Level 2 NVQ Diploma in Instructing Exercise & Fitness.

Candidates achieving one or more units of competence but not meeting the requirements for a full certificate will receive a certificate listing those units achieved.

Progression after Programme

Students may wish to advance to:

- Short courses in teaching Aqua, Circuits, Pilates, Exercise to Music and Spinning.
- OCR NVQ Level 3 Certificate in Personal Training.
- Employment opportunities include Local Authority Leisure Services, Private Leisure and Health Clubs, Freelance instructing or Personal Training.

Other Information

Equipment required by candidates: appropriate exercise wear including a compulsory college uniform once enrolled onto the programme, notepad and pen(s).

FACTFILE	
Attendance	Full Time
Duration	1 Year
Starting	September 2012
Location	Corporation Road
Course Tutor	Adam Livingstone
Revision Date	June 2011