

Fitness Instructing Certificate Level 2 (QCF)

Awarding Body OCR

Course Details

You will study the following units:

- Teaching methods.
- Plan to teach gym/free weights.
- Teach gym.
- Respond to emergencies and first aid.
- Promote regular physical activity.
- Provide customer service.
- Anatomy and physiology.

A Course for

This course is designed for people who would like to teach in the gym.

Entry Requirements

Students should have experience of participation in gym sessions.

Assessment

Anatomy and physiology is assessed by means of a written exam. Other 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 and elements required; will be awarded the certificate: OCR Level 2 Coaching Adults in the context of gym that will list all the units making up the award.

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:

- NVQ Level 2 in Aqua, Circuits, Exercise to Music and Step
- Employment opportunities include Local Authority Leisure Services, Private Leisure and Health Clubs, Freelance Instructor or Personal Trainer.

Other information

Equipment required by students: appropriate exercise wear, notepad.

**ALL FEES ARE SUBJECT TO REVIEW
PLEASE REFER TO PART TIME PROSPECTUS**

FACTFILE	
Attendance	Part Time
Duration	18 weeks
Starting	07/02/2012
Location	Corporation Road
Timetable	Tuesday 18.00-21.00
Course Tutor	John Knowles
Revision Date	December 2011
Division	Visual Arts, Sport, Public Services, Travel & Tourism