

Active IQ Level 2 Technical Occupational Entry in Fitness Coaching (Certificate)

Qualification accreditation number: 610/4546/9

Introduction

The Active IQ Level 2 Technical Occupational Entry in Fitness Coaching (Certificate) is at level 2 on the Regulated Qualifications Framework (RQF). This qualification has been approved by IfATE, Ofqual and DfE to be recognised as a Technical Occupational Entry qualification. This qualification aligns to KSBs in the existing occupational standard(s) for leisure team member and enables entry to the aligned occupation(s) (including providing occupational entry competence with the requirement for further learning/training in work to reach full occupational competence).

Guided learning hours	310	Total qualification time	360
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Entry Requirements:

- Some experience of gym-based exercises, including free weights, is highly recommended.
- The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.
- There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.

Qualification Outline

Target Learners:

- Learners aged 16+.
- Learners wishing to pursue a career in the health and fitness sector as gym-based fitness instructors/coaches.

Purpose

The purpose of this Technical Occupational Entry Qualification is to provide learners with the knowledge and skills to pursue a career in fitness coaching. Learners are provided with an understanding of anatomy, physiology and nutrition and how they relate to exercise and fitness. Learners are also provided with the knowledge and skills to be able to plan, deliver and supervise safe and effective exercise programmes within a gym or health club environment.

This qualification has been designed in partnership with employers and covers the knowledge and skills identified in the industry as essential for the fitness coach role, covering the planning and instructing of safe and effective exercise sessions as well conducting small group sessions and supporting clients' exercise adherence and a healthy lifestyle. The qualification also provides the learner with an understanding of professionalism, personal development and how to deliver exceptional customer service.

This qualification includes the essential knowledge and skills that are needed to meet the requirements of the physical activity sector's minimum standards for deployment.

Learners who achieve this qualification will:

Understand:

- The structure and function of the body systems and how they relate to health, fitness and physical activity.
- The components of fitness and the principles of training.
- The principles of nutrition and the importance of a healthy lifestyle, including basic stress management techniques.
- How to maintain a safe and effective fitness environment.
- The legal and professional requirements for fitness instructing.
- How to support clients making lifestyle behaviour changes.
- How to plan safe and effective exercise.
- How leisure and fitness facilities operate and their business requirements.
- How information technology is used in the leisure and fitness industry.
- How to set up, take down and store equipment in the leisure and fitness industry.

Have demonstrated:

- How to carry out health-screening and assessments, and record and store information appropriately and confidentially.
- How to effectively facilitate goal setting and action planning.
- How deliver safe and effective exercise in a gym environment for individuals and groups.
- How to establish and maintain an effective working relationship with the client.
- How to use feedback to evaluate own fitness instructing practice.

Progression

This qualification provides progression to:

- Active IQ Level 2 Technical Specialist in Instructing Circuit Training (Award).
- Active IQ Level 2 Technical Specialist in Instructing Studio Cycling (Award).
- Active IQ Level 2 Technical Specialist in Instructing Kettlebell Training (Award).
- Active IQ Level 3 Technical Occupational Entry in Personal Training (Diploma).
- Active IQ Level 3 Technical Specialist in Sports Massage Therapy (Diploma).
- Apprenticeship in Personal Training.

Links to National Standards

There are links to:

- The Leisure Team Member Apprenticeship standard (ST0390).
- The Community Activator Coach Apprenticeship standard (ST0478).
- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Learning and Development Requirements (LDR).

Qualification Structure

Learners must complete the eight mandatory units.

Unit	Unit accreditation number	Level	GLH	TQT
1. Anatomy and physiology for exercise	D/650/8794	2	60	65
2. Principles of fitness training	F/650/8795	2	40	45
3. Principles of nutrition and lifestyle	H/650/8796	2	40	45
4. Health and safety in a fitness environment	J/650/8797	2	20	25
5. Professionalism and customer care	K/650/8798	2	25	30
6. Conducting client consultations	L/650/8799	2	30	35
7. Planning and delivering fitness sessions	A/650/8800	2	65	80
8. Leisure team operations	D/650/8801	2	30	35

Assessment Design

The assessments for the Active IQ Level 2 Technical Occupational Entry in Fitness Coaching (Certificate) have been designed to ensure they are valid, fit for purpose and meet the requirements of a technical occupational entry qualification. We have focused on the reliability and validity of the assessments, to ensure that a learner who successfully completes this qualification is well placed to secure employment in roles related to this standard.

The assessments for this Technical Occupational Entry Qualification consist of the following:

Assessment component title	Assessment method	Unit/s
Assessment 1 - Skeletal system	Knowledge assessment	Unit 1 - Anatomy and physiology for exercise
Assessment 2 - Neuromuscular system		
Assessment 3 - Cardiovascular and respiratory systems		
Assessment 4 - Energy systems		
Assessment 5 - Immune system and body composition		

Assessment 6 - Components of fitness and principles of training	Knowledge assessment	Unit 2 - Principles of fitness training
Assessment 7 - Structure of a warm-up		
Assessment 8 - Cardiovascular training and monitoring intensity		
Assessment 9 - Muscular strength and endurance training		
Assessment 10 - Structure of a cool-down and flexibility training		
Assessment 11 - Progression of training		
Assessment 12 - Understand links between physical activity and health	Knowledge assessment	Unit 3 - Principles of nutrition and lifestyle
Assessment 13 - Understand the importance of a healthy lifestyle and managing stress		
Assessment 14 - Understand basic nutrition and hydration		
Assessment 15 - Understand the importance of healthy eating		
Assessment 16 - Hazards and risks in a fitness environment		
Assessment 17 - Behaviour change and habit formation		
Assessment 18 - Safe working practices and procedures in a fitness environment	Knowledge assessment	Unit 4 - Health and safety in a fitness environment
Assessment 19 - Legal and professional requirements for fitness instructing		
Assessment 20 - Communication principles and how an instructor can help customers to have a positive exercise experience		
Assessment 21 - Skills and behaviours needed to deliver effective customer care	Knowledge assessment	Unit 5 - Professionalism and customer care
Assessment 22 - Conducting client consultations		
Assessment 23 - Modular observation - Consultation		
	Observation and questioning	

Assessment 24 – Modular observation - Exercise modes	Observation and questioning	Unit 7 - Planning and delivering fitness sessions
Assessment 25 – Summative observation – Group exercise in the gym environment	Observation and questioning	
Assessment 26 – Planning a gym programme	Assignment	
Assessment 27 – Summative observation – Session delivery	Observation and questioning	
Assessment 28 – Self evaluation	Assignment	
Assessment 29 - Working in leisure and fitness sectors	Knowledge assessment	Unit 8 - Leisure team operations
Assessment 30 - Information technology in the fitness and leisure sector	Assignment	

Assessment methods

The following lists the assessment methods used in this qualification, with a description of how they are intended to work.

- **Knowledge assessment**

The knowledge assessments use a range of different question types to assess the learner’s cognitive abilities, retention of knowledge and factual recall. The different types of questions include multiple choice, short essays, drag and drop into text and scenario-/video-based questions and answers. The different question types give learners an opportunity to demonstrate achievement in a range of different contexts, allowing learners to apply their knowledge in real-life scenarios linked to the qualification’s purpose. Each knowledge assessment has a minimum pass mark of 70%.

- **Assignment**

This assessment method uses clearly constructed briefs/tasks and associated marking schemes to assess learners’ cognitive abilities and/or practical competencies.

The assessment method allows learners to demonstrate problem solving, analytical, research and planning skills. Each assignment has a minimum pass mark of 80% against a pre-set mark scheme.

- **Observation and questioning**

An observation assesses the learner’s competence, skills and behaviour through the application of knowledge. This assessment method will also provide an opportunity for the learner to be assessed holistically across the standard.

The focus of the questioning will be on the knowledge, skills and behaviours that are assessed within the observation and in particular on criteria that the learner was unable to demonstrate

competence in due to them not occurring naturally. Questions may also be on criteria that have been partially demonstrated during the observation. The purpose of the questions and answers session is not to re-assess criteria that the learner did not achieve as a result of not being competent.

The performance observed and responses to questions will be assessed holistically as part of this assessment method. This assessment is a valid way to assess the learner's knowledge, skills and behaviours in a real-life context, and suitably prepares the learner for the role and demands of a fitness instructor. Observations are either pass or refer against set criteria.

Grading

To achieve this qualification, learners must achieve a pass in all of the assessments.

The overall grade for this qualification is **Pass / Refer**.