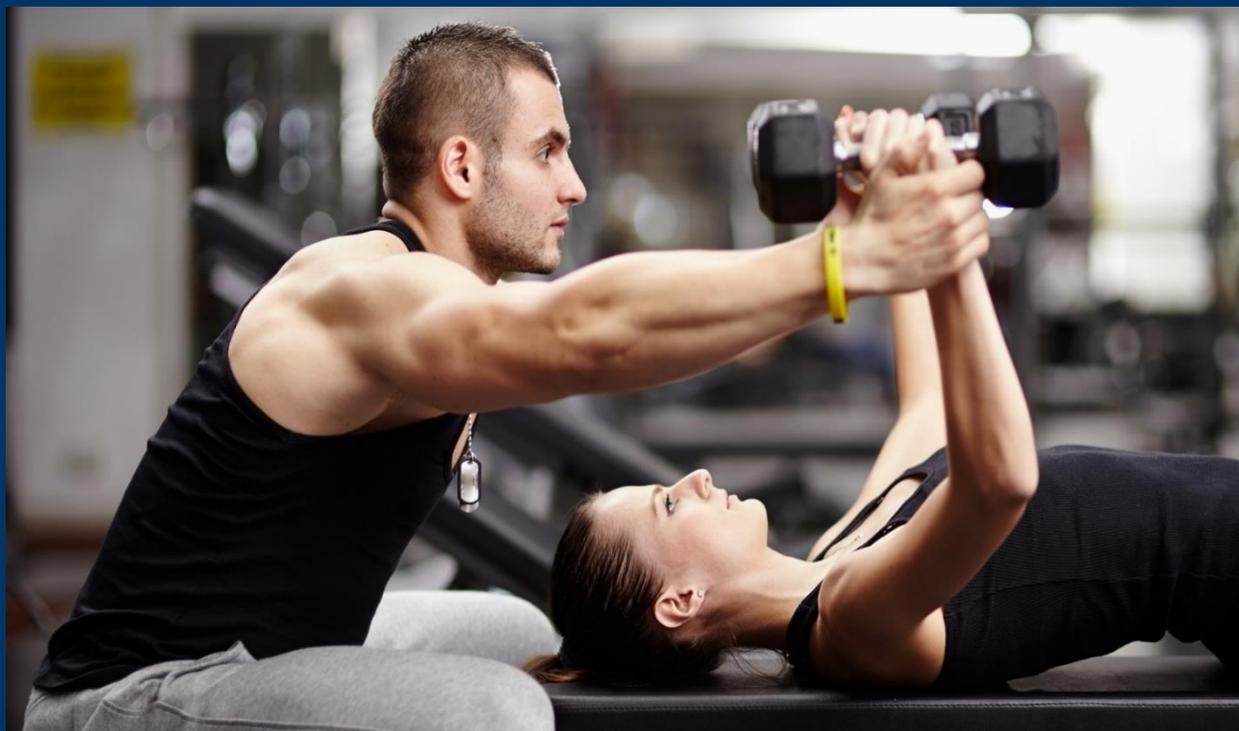


# 1st4sport Level 2 Certificate in Gym Instructing



## Qualification Specification

<b>Qualification Overview:</b>	This qualification qualifies learners to be able to work in a Gym Instructing role in a fitness facility.						
<b>Qualification Code:</b>	603/5240/1	<b>Level:</b>	2	<b>Age:</b>	16	<b>Registration Period:</b>	2 Years
<b>Guided Learning (GL):</b>	45	<b>Total Qualification Time (TQT):</b>	230	<b>Operational From:</b>	01 November 2019		
<b>Progression Opportunities</b>	Learners may progress onto a personal training qualification or choose alternative pathways in addition to seeking employment as a Gym Instructor in a paid or voluntary capacity.						

Qualification Objective
<b>What does this qualification cover?</b>
This qualification qualifies learners to be able to work in a Gym Instructing role.
<b>Who is the qualification for?</b>
This qualification is for learners who wish to become gym-based fitness instructors.
<b>Who supports this qualification?</b>
The qualification has the support of <a href="#">CIMSPA</a> , the Chartered Institute for the Management of Sport and Physical Activity, as an industry-relevant qualification contributing to the industry's professional framework.
Qualification Progression
<b>What future education could this qualification lead to?</b>
Learners could progress onto the: <ul style="list-style-type: none"> <li>• 1st4sport Level 2 NVQ Diploma in Instructing Exercise and Fitness</li> <li>• 1st4sport Level 3 Certificate in Personal Training</li> <li>• 1st4sport Level 3 NVQ in Personal Training</li> <li>• 1st4sport Level 3 Certificate in Coaching Strength and Conditioning for Sport</li> <li>• 1st4sport Level 3 Certificate in Supporting Physical Development and Physical Activity in the Early Years</li> <li>• 1st4sport Level 3 Certificate in Supporting the Delivery of Physical Education and School Sport</li> <li>• 1st4sport Level 3 NVQ Diploma in Supporting the Delivery of Physical Education and School Sport</li> </ul>
<b>What future employment could this qualification lead to?</b>
Potential job roles include gym instructor; delivering gym inductions and designing health related gym programmes

Qualification Achievement
<b>Entry Requirements for the Qualification</b>
The recognised centre is required to conduct an initial assessment of learners to ensure that pre-requisites to registration and certification are considered and outcomes recorded during the application process.
Prior to registration learners are required to: <ul style="list-style-type: none"> <li>• be accurately identified</li> <li>• be at least 16 years of age</li> <li>• be able to communicate effectively in English (this includes listening, speaking, reading and writing).</li> </ul>
There are no additional pre-requisites to certification other than successful completion of all learning outcomes and assessment criteria.
<b>How is the Qualification Achieved?</b>
The qualification is normally achieved through attendance on a programme of training and assessment completed in the workplace.
<b>What will be assessed?</b>
Learners are required to: <ul style="list-style-type: none"> <li>• Complete a series of written responses relevant to nutrition, safety, safeguarding and preparations for the delivery of a fitness instruction programme</li> <li>• Complete two multiple-choice examinations</li> <li>• Plan, delivery and evaluate a series of Gym Instructing sessions.</li> </ul>
<b>How will it be assessed?</b>
This qualification contains a range of units to be completed by the learner. Each unit is comprised of a number of learning outcomes and identified assessment criteria to be completed.
Learning Outcomes that begin 'The learner will <b>understand...</b> ' will be assessed through theory based activities.
Learning Outcomes that begin 'The learner will <b>be able to...</b> ' are assessed through practical activities.
For example:

Learning outcomes The learner will:	Assessment criteria The learner can:
1 <b>understand</b> how to ensure participants' safety during sport specific coaching sessions	1.1 describe the health and safety requirements that are relevant to planned sport-specific activities and competition.
	1.2 describe how to structure coaching sessions to minimise the risk of injury to participants.
2 <b>be able to</b> prepare resources for the coaching session	2.1 ensure that the identified resources meet the requirements of the activity.

### Qualification Delivery

#### What workforce is needed to be able to deliver this qualification?

The recognised centre is required to have a qualified and competent qualification workforce in place which includes as a minimum.

- a qualification administrator
- a qualification coordinator
- an appropriately qualified tutor/ assessor. Tutor/assessors are required to:
  - *hold, or working towards, a recognised assessing award at Level 3 or above that includes assessing in the workplace. For example, Level 3 Award in Assessing Competence in a Work Environment, Level 3 Certificate in Assessing Vocational Achievement, A1, D32/33*
  - *holds a discipline specific qualification equivalent to the Level 2 Award/Certificate/Diploma in Instructing Exercise and Fitness NVQ or equivalent (equivalences will be checked via REPS)*
  - *demonstrates active involvement in a process of industry relevant Continued Professional Development during the last two years.*

#### What workforce is needed to be able to deliver this qualification? (continued)

- an appropriately qualified internal quality assurer (IQA). Internal quality assurers are required to:
  - *hold, or be working towards, a recognised internal verification award at Level 4 or above. For example, Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice.*
  - *hold a discipline specific qualification equivalent to the Level 2 Award/Certificate/Diploma in Instructing Exercise and Fitness NVQ, or equivalent (equivalences will be checked via REPS)*
  - *demonstrate active involvement in a process of industry relevant Continued Professional Development during the last two years*

**NB.** It is also desirable, but not essential, that workforce members are registered with the Register of Exercise Professionals (REPS)

#### What facilities are needed to be able to deliver this qualification?

Recognised centres require a practical space to be used for training and assessment activities; appropriate to also the pathway context delivered by the centre. This will include:

- a fitness suite for gym-based exercise
- A theory space which may include a classroom (for those centres which provide theory-based learning). This must contain multimedia facilities such as data projector and laptop, flip chart and pens.

#### What equipment is needed to be able to deliver this qualification?

Recognised centres, as a minimum, must have access to the following weight bearing equipment:

- Benches
- 4 Dumbbells
- Seated lat pull down machine
- 4 squat rack and 4 listing platforms
- Minimum of 8 broom sticks. Ideally venues would have a broomstick or light (7kg) training bar for each participant
- 4 Olympic bars
- 4 pairs of 5kg number (rubber) discs
- Assortment of small discs (2.5kg, 5kg, 10kg) to fit each Olympic bar
- Various collars to fit the Olympic bars

Additional information is available within the qualification handbook.

<p><b>What qualification materials support this qualification?</b></p> <p>This qualification is supported by a number of additional documents which must be read by all relevant personnel within recognised centres approved to offer this qualification. These include:</p> <ul style="list-style-type: none"> <li>• <i>Qualification Handbook</i>, detailing the 1st4sport Qualification Approval Conditions for this qualification</li> <li>• <i>Qualification Unit Specifications</i>, detailing the Learning Outcomes and Assessment criteria for the qualification</li> <li>• <i>Learner Portfolio</i>, containing a series of pre-standardised assessment tools and templates to support the learner's achievement of the qualification.</li> <li>• <i>Qualification Handbook Delivery, Assessment and Quality Assurance Approach</i>, detailing the recommended learning programme approach, exemplar assessment answers and levels of attainment and guidance to the internal quality assurance of the qualification.</li> </ul>
<p><b>How much does this qualification cost?</b></p> <p>Qualification registration and certification fees are available from 1st4sport Qualifications on request. Centres need to factor in facility and workforce costs in order to determine a Qualification Fee for learners.</p>
<p><b>How to apply to deliver this qualification</b></p> <p>Contact 1st4sport Qualifications, requesting qualification approval for the 1st4sport Level 2 Certificate in Gym Instructing</p> <p>Tel: 0113 290 7610          Email: <a href="mailto:enquiries@1st4sportqualifications.com">enquiries@1st4sportqualifications.com</a>          Website: <a href="http://www.1st4sportqualifications.com">www.1st4sportqualifications.com</a></p>

<p><b>Contacts</b></p>
<p><b>1st4sport Qualifications</b></p> <p>Tel: 0113 290 7610          Email: <a href="mailto:enquiries@1st4sportqualifications.com">enquiries@1st4sportqualifications.com</a>          Website: <a href="http://www.1st4sportqualifications.com">www.1st4sportqualifications.com</a></p>
<p><b>UK Coaching</b></p> <p>Tel: 0113 274 4802          Email: via <a href="http://www.ukcoaching.org/contact">www.ukcoaching.org/contact</a>          Website: <a href="http://www.ukcoaching.org">www.ukcoaching.org</a></p>
<p><b>The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)</b></p> <p>Tel: 01509 226474          Email: <a href="mailto:info@cimspa.co.uk">info@cimspa.co.uk</a>          Website: <a href="http://www.cimspa.co.uk">www.cimspa.co.uk</a></p>
<p><b>The Register of Exercise Professionals (REPs)</b></p> <p>Tel: 033 0004 0004          Email: <a href="mailto:info@exerciseregister.org">info@exerciseregister.org</a>          Website: <a href="https://www.exerciseregister.org/">https://www.exerciseregister.org/</a></p>
<p><b>Ofqual</b></p> <p>Tel: 0300 303 3344          Email: <a href="mailto:public.enquiries@ofqual.gov.uk">public.enquiries@ofqual.gov.uk</a>          Website: <a href="http://www.gov.uk/government/organisations/ofqual">www.gov.uk/government/organisations/ofqual</a></p>

### Qualification Structure (Rule of Combination)

Learners must successfully complete all six mandatory units to achieve the qualification.

### Mandatory Units

Unit Title	Level	Credit	GL	Reference	Assessment Method(s)
Anatomy and physiology for exercise	2	6	20	H/600/9013	Written Tasks, Observation of Delivery, MCQ exam
Health, safety and welfare in a fitness environment	2	2	16	T/600/9016	Written Tasks, Observation of Delivery
Principles of exercise, fitness and health	2	4	20	A/600/9017	Written Tasks, Observation of Delivery, MCQ exam
Know how to support clients who take part in exercise and physical activity	2	2	15	M/600/9015	Written Tasks, Observation of Delivery
Planning gym-based exercise	2	4	25	F/600/9018	Written Tasks, Observation of Delivery
Instructing gym-based exercise	2	6	37	A/600/9020	Written Tasks, Observation of Delivery

© Coachwise Ltd, 2019

This document is copyright under the Berne Convention. All rights are reserved. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the Copyright, Designs and Patents Act 1998, no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, electrical, chemical, mechanical, optical, photocopying, recording or otherwise, without the prior written permission of the copyright owner. Enquiries should be addressed to 1st4sport Qualifications.

1st4sport Qualifications  
Coachwise Ltd  
Chelsea Close  
Off Amberley Road  
Armley  
Leeds LS12 4HP

Tel: 0113 290 7610  
Fax: 0113-231 9606

Email: [enquiries@1st4sportqualifications.com](mailto:enquiries@1st4sportqualifications.com)  
Website: [www.1st4sportqualifications.com](http://www.1st4sportqualifications.com)

*Developing and awarding qualifications for the active learning and leisure industry*

1st4sport Qualifications is an awarding organisation recognised and regulated by the Office of the Qualifications and Examinations Regulation (Ofqual) in England, Council for the Curriculum, Examinations and Assessment (CCEA) Regulation in Northern Ireland and Qualifications Wales in Wales and was created with the aim of offering vocational and occupational qualifications in areas of sport, recreation and allied occupations. 1st4sport Qualifications is a division of Coachwise Ltd, the trading arm of The National Coaching Foundation (known as UK Coaching), the UK-registered charity leading the national development of coaches and the coaching system. Any proceeds go directly back to UK Coaching to help them develop and advance sport nationwide.