

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 2 Diploma in Health and Fitness
Qualification level	Level 2
Qualification accreditation number	603/6348/4
Qualification type	Vocationally related qualification

Qualification overview

This qualification aims to provide learners 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. The qualification focuses on giving the learner multiple knowledge and skills to broaden their ability to enhance and develop their career prospects and pathways thereby, increase their earning potential and/or gain employment within the Active Leisure sector.

Who could do this qualification?

There are no specific entry requirements, however 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 learners should have basic skills in communication pitched at level 2.

The qualification has been designed for:

- Individuals who are aged 16+.
- Individuals considering a career as a fitness instructor.

What does the qualification cover?

During the qualification learners will cover the following:

- Anatomy, physiology and nutrition and how they relate to exercise and fitness.
- Health and safety in the fitness environment.
- The skills to conduct client and group inductions in a gym-based environment and support exercise adherence and a healthy lifestyle.
- The skills to plan, instruct and supervise safe and effective exercise and physical activity sessions.
- Professionalism for fitness instructing.
- Personal and professional development.
- Delivering exceptional customer service.
- Employment rights and responsibilities.
- Skills for entering employment.
- Skills for employment interviews.

Qualification structure

Learners must complete the nine mandatory units and a minimum of 12 optional units including the minimum requirements for two of the pathways.

Mandatory Group

Unit	Accreditation number	Level
1. Skills for entering employment	Y/618/3421	2
2. Skills for employment interviews	D/618/3422	2
3. Employment rights and responsibilities	H/618/3423	2
4. Principles of anatomy, physiology and fitness	A/616/7499	2
5. Professionalism and customer care for fitness instructors	K/616/7501	2
6. Health and safety in the fitness environment	M/616/7502	2
7. Conducting client consultations to support positive behaviour change	A/616/7504	2
8. Planning and instructing gym-based exercise	F/616/7505	2
9. Lifestyle management for health and wellbeing	K/618/3424	2

The full list of optional units can be found:

<https://www.activeiq.co.uk/qualifications/level-2/active-iq-level-2-diploma-in-health-and-fitness-b>

What could this qualification lead to?

Successful achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as an affiliate member (exercise and fitness). Launched in 2011, CIMSPA is the professional development body for the UK's sport and physical activity sector. CIMSPA was awarded chartered status by the Privy Council, which came into effect at the beginning of January 2012. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector.

To read more about CIMSPA, please visit <https://www.cimspa.co.uk>

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential.

Learners will be able to progress to the following job role:

- Fitness instructor.

Will the qualification support progression to further learning, and, if so, what?

The qualification is designed to offer entry to employment; however, learners can also progress onto the following qualifications:

- Active IQ Level 3 Diploma in Personal Training.
- Active IQ Level 3 Diploma in Supporting Clients with Long-term Conditions.
- Active IQ Level 3 Diploma in Health and Fitness.
- Active IQ Level 3 Award in Supporting Pre and Postnatal Clients with Exercise and Nutrition.
- Active IQ Level 3 Award in Designing Exercise Programmes for Older Adults.
- Active IQ Level 3 Award in Designing Exercise Programmes for Disabled Clients.

Is this qualification available as an apprenticeship?

No, this qualification is not available in an apprenticeship framework.

Is this qualification eligible for an Advanced Learner Loan?

No, this qualification is not available within the Advanced Learner Loan catalogue.

Similar qualifications

There are no similar qualifications at this level.

Who supports the qualification?

Support for the qualification has been provided by the following professional body:

- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

To read more about CIMSPA, please visit <http://www.cimspa.co.uk/>