

## Statement of Declared Purpose

<b>Awarding organisation name</b>	Active IQ
<b>Title of regulated qualification</b>	Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness
<b>Qualification level</b>	2
<b>Qualification accreditation number</b>	500/9640/0
<b>Qualification type</b>	Vocationally Related Qualification

### Qualification overview

The Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness is aimed at exercise and fitness instructors who are capable of planning and delivering safe and effective exercise programmes within a gym or health club environment and will confirm a learner's competence in an occupational role to the standards required.

### Who could do this qualification?

The qualification is designed for learners working within a health and fitness environment and is suitable for:

- Learners (aged 16+) working in a health and fitness environment as fitness instructors.
- Organisations with a need to train their staff to an agreed nationally recognised standard with a particular desire to improve both the current industry knowledge of staff and the service they are able to offer their customers.
- Individuals working in the industry who wish to have their experience and knowledge recognised by a formal qualification.

### What does the qualification cover?

During the qualification learners will cover the following:

- Anatomy and physiology for exercise.
- Principles of exercise, fitness and health.
- Health and safety in a fitness environment.
- How to support clients.
- How to plan exercise sessions.
- How to instruct exercise sessions.
- How to reflect on and develop own practice.

## Qualification structure

To achieve the qualification learners must complete the five mandatory units (22 credits) and one optional pairing in the context of either Gym, Exercise to Music, Water-based Exercise or Exercise and Physical Activity for Children. The total credit value of the qualification is 37 credits.

Unit	Unit accreditation number	Level	Credits
1. Anatomy and physiology for exercise	H/600/9013	2	6
2. Principles of exercise, fitness and health	A/600/9017	2	4
3. Promote health, safety and welfare in active leisure and recreation	D/601/4484	2	4
4. Work with clients to help them adhere to exercise and physical activity	A/601/7361	2	4
5. Reflect on and develop own practice in providing exercise and physical activity	F/601/7362	2	4

### Optional

The full list of optional units can be found: <https://www.activeiq.co.uk/qualifications/level-2/active-iq-level-2-nvq-diploma-in-instructing-exercise-and-fitness-gym/>

## 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 and apprenticeship framework:

- Active IQ Level 3 Diploma in Personal Training.
- Active IQ Level 3 Diploma in Exercise Referral.
- Active IQ Level 3 NVQ Diploma in Personal Training.
- Active IQ Level 3 Diploma in Instructing Pilates Matwork.
- Active IQ Level 3 Diploma in Teaching Yoga.
- Active IQ Level 3 Diploma in Sports Massage Therapy.
- Intermediate Apprenticeship in Exercise and Fitness

## Is this qualification available as an apprenticeship?

Yes, this qualification is available in the following apprenticeship framework:

- Intermediate Exercise and Fitness.

## Is this qualification eligible for an Advanced Learner Loan?

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

## Similar qualifications

**Active IQ Level 2 Certificate in Gym Instructing**, accreditation number: 603/2692/X. Learners should choose this qualification if they currently do not have access to work based learning or a work placement.

**Active IQ Level 2 Certificate in Fitness Instructing and Self-Development**, accreditation number: 601/0298/6. Learners should choose this qualification if they also wish to cover personal and professional development do not have access to work based learning or a work placement.

**Active IQ Level 2 Diploma in Physical Activity, Fitness and Exercise Science**, accreditation number: 601/6041/X. Learners should choose this qualification if they are in full-time education and considering completing a combined offer with another Tech Level, Applied General and/or A level, for example or wish to complete a one year programme.

**Active IQ Level 3 Diploma in Fitness Instructing and Physical Activity**, accreditation number: 603/1162/9. Learners should choose this qualification if they are in full-time education and considering completing a combined offer with another Tech Level, Applied General and/or A level, for example.

## Who supports the qualification?

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

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

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

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