

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 2 Certificate in Fitness Instructing and Self-Development in Active Leisure
Qualification level	Level 2
Qualification accreditation number	601/0298/6
Qualification type	Vocationally Related Qualification

Qualification overview

The qualification allows learners to train to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes within a gym or health club environment and provides them with the knowledge and skills to develop themselves professionally within their job role in the active leisure sector.

Who could do this qualification?

This qualification is open to all and no previous experience or qualifications are required; however some experience of exercise is highly recommended.

There are no specific pre-requisite qualifications; but there is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at Level 2.

The course also requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.

The qualification has therefore been designed for:

- Adults (aged 16+) wishing to pursue a career in the health and fitness sector as fitness instructors.

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.
- Personal development in an active leisure job role.
- How to identify own development needs.

Qualification structure

To achieve the qualification learners must complete all five mandatory units from the mandatory group and a minimum of 10 credits from one of the mandatory optional pairings. The total credit value of the qualification is 25 credits.

Mandatory group

	Unit	Accreditation number	Level	Credit
1.	Anatomy and physiology for exercise	H/600/9013	2	6
2.	Know how to support clients who take part in exercise and physical activity	M/600/9015	2	2
3.	Health, safety and welfare in a fitness environment	T/600/9016	2	2
4.	Principles of exercise, fitness and health	A/600/9017	2	4
5.	Developing self in an active leisure job role	Y/503/0737	2	1

Optional pairing – Gym

	Unit	Accreditation number	Level	Credit
6.	Planning gym-based exercise	F/600/9018	2	4
7.	Instructing gym-based exercise	A/600/9020	2	6

Optional pairing – Exercise to Music

	Unit	Accreditation number	Level	Credit
8.	Planning group exercise to music sessions	F/600/9021	2	4
9.	Instructing group exercise to music	J/600/9022	2	6

Optional pairing – Water-Based Exercise

	Unit	Accreditation number	Level	Credit
10.	Planning water-based exercise	L/600/9023	2	5
11.	Instructing water-based exercise	R/600/9024	2	6

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>

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:

- Level 3 Diploma in Personal Training.
- Level 3 Diploma in Exercise Referral.
- Level 2 NVQ Diploma in Exercise and Fitness.
- Active IQ Level 3 Diploma in Instructing Pilates Matwork.
- Active IQ Level 3 Diploma in Teaching Yoga.
- Level 3 Diploma in Sports Massage Therapy.
- Intermediate Apprenticeship in Exercise and Fitness.
- Advanced Apprenticeship in Exercise and Fitness.

Is this qualification available as an apprenticeship?

Yes, this qualification is available within the following apprenticeship frameworks:

- Intermediate Apprenticeship in 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

The Level 2 Certificate in Fitness Instructing and Self-development in Active Leisure has been replaced by the Active IQ Level 2 Certificate in Gym Instructing, accreditation number: 603/2692/X.

Active IQ Level 2 Certificate in Fitness Instructing, accreditation number: 500/8756/3. Learners should choose this qualification if they only want to cover fitness instructing.

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 body:

- 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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