

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 2 Certificate in Gym Instructing
Qualification level	Level 2
Qualification accreditation number	603/2692/X
Qualification type	Vocationally Related Qualification

Qualification overview

The Active IQ Level 2 Certificate in Gym Instructing will develop learners' knowledge and skills in gym instruction to enable them to pursue a career as a gym instructor. This qualification will provide a combination of knowledge and skills to prescribe, plan and deliver safe and effective exercise programmes to a range of clients.

Who could do this qualification?

Learners must be 16+ years old.

While there are no other specific entry requirements, an element of communication (discussing, presenting, reading and writing) is involved, and learners entering the programme should have basic skills in communication pitched at Level 2. The course requires physical exertion, and individual participation is essential; therefore, a degree of physical fitness is necessary.

The qualification has been designed for:

- Individuals who wish to work and/or seek employment as a gym instructor.

What does the qualification cover?

During the qualification learners will cover the following:

- Knowledge of anatomy and physiology that is applicable to gym instructing.
- Principles of exercise, fitness and health.
- Health and safety in a fitness environment.
- Customer care.
- Effective communication skills for client consultations to support positive behaviour change.
- The skills needed to plan and conduct gym based exercise sessions with individuals and groups.
- Legal and professional requirements for fitness instructing.
- How to manage, evaluate and improve their own performance.

Qualification structure

To achieve the qualification learners must complete the five mandatory units.

Unit	Unit accreditation number	Level
1. Principles of anatomy, physiology and fitness	A/616/7499	2
2. Professionalism and customer care for fitness instructors	K/616/7501	2
3. Health and safety in the fitness environment	M/616/7502	2
4. Conducting client consultations to support positive behaviour change	A/616/7504	2
5. Planning and instructing gym-based exercise	F/616/7505	2

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 roles:

- Gym 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 frameworks:

- 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?

This qualification is not available in an apprenticeship framework. You should take this qualification if you want to enter the health and fitness sector as a gym instructor in an employed environment. Once in employment you could then progress to the Intermediate Exercise and Fitness Apprenticeship to demonstrate occupational competence in gym instructing over time in the workplace.

Similar qualifications

The Certificate in Gym Instructing is a redevelopment of Active IQ's existing qualifications and replaces the following:

- **Active IQ Level 2 Certificate in Fitness Instructing**, accreditation number: 500/8756/3.
- **Active IQ Level 2 Certificate in Fitness Instructing and Self-Development**, accreditation number: 601/0298/6.

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).

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