



Qualification
Guidance

Level 2 Award in Instructing Suspended Movement Training

Qualification
Accreditation Number:
601/1634/1
Version AIQ004532

Active iQ

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Active IQ Level 2 Award in Instructing Suspended Movement Training

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Introduction

The Active IQ Award in Instructing Suspended Movement Training is at level 2 on the Regulated Qualifications Framework. It is also recognised by The Register of Exercise Professionals (REPs) at level 2, but does not provide access onto the Register. Entry onto the Register is gained via a recognised level 2 fitness instructing qualification.

Guided learning hours: 10 Total Qualification Time: 25 Credit: 4

Minimum credit to be achieved at or above the level of the qualification:	4 credits
Requirement other than the award of credit which needs to be met before the qualification is awarded:	None
Exemptions:	None

Entry Requirements

- A suitable Level 2 Fitness Instructing qualification e.g. Active IQ Level 2 Certificate in Fitness Instructing
Some experience of suspended movement training is useful
- The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary
- There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2

Qualification Outline

Target Learners:

- Fitness instructors aged 16+ who wish to widen their skills by offering suspended movement exercises and sessions
- Please note that 16 to 18 year-olds may need to be supervised in the workplace, once they have achieved the qualification

Aim:

- To train learners, who already have knowledge and skills in fitness instruction, to be able to plan and deliver safe and effective suspended movement exercises and training sessions
- To broaden the skills of fitness instructors to include instructing suspended movement training sessions

Objectives:

- To develop learner's ability to plan and deliver safe and effective suspended movement training sessions

Progression:

- This qualification provides progression to the Level 2 NVQ Diploma in Instructing Exercise and Fitness for learners who wish to develop and demonstrate occupational competence in delivering exercise sessions.
- Alternatively, it provides progression to Level 3 qualifications in Personal Training for learners who wish to further their knowledge and skills and become personal trainers
- Learners may also progress on to qualifications in related sectors, like Sports Massage, where they will be provided with the knowledge and skills to practise sports massage alongside fitness instructing in the health club environment

Links to National Occupational Standards

There are direct links to the NOS in Instructing Exercise and Fitness and Instructing Physical Activity and Exercise.

Tutors, Assessors and Internal Verifiers

Required Criteria

All Tutors, Assessors and Verifiers must:

- Possess a discipline specific qualification equivalent to the qualification being taught
- Have relevant industry experience
- Demonstrate active involvement in a process of industry relevant Continued Professional Development during the last two years

Tutors

Tutors must hold, or be working towards a teaching qualification.

The following are acceptable:

- Level 3 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 3 Award in Education and Training
- Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 4 Certificate in Teaching in the Lifelong Learning Sector (CTTLS)
- Level 4 Certificate in Education and Training
- Level 5 Diploma in Teaching in the Lifelong Learning Sector (DTTLS)
- Level 5 Diploma in Education and Training
- Certificate in Education

Assessor

Assessors must hold or be working towards any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment or
- Level 3 Award in Assessing Vocationally Related Achievement or
- Level 3 Award in Assessing Competence in the Work Environment or
- Level 3 Certificate in Assessing Vocational Achievement, or
- A1 (previously D32, D33)

Internal Verifier

Internal verifiers must hold or be working towards any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice or
- V1 (previously D34)

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

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Qualification Structure and Unit Content

This qualification comprises of two mandatory units

Unit		Unit accreditation number	Level	Credit
1	Planning a Suspended Movement Training Exercise Session	R/505/5345	2	2
2	Instructing a Suspended Movement Training Exercise Session	Y/505/5346	2	2

Successful achievement of both units must be achieved for the full qualification.

Learning outcomes The learner will:	Assessment criteria The learner can:
1. Understand the historical background of suspended movement training	1.1 Summarise the historical examples of suspended movement training 1.2 Describe the recent integration of suspended movement training and its popularisation within the fitness industry
2. Understand the benefits of using suspended movement training	2.1 List the physiological adaptations that can occur as a result of suspended movement training 2.2 Identify the strengths and weakness of suspended movement training compared to other exercise modalities 2.3 Describe the practical and commercial benefits of suspended movement training for fitness professionals
3. Know the safety considerations for instructing a suspended movement training session	3.1 Outline the health screening processes to be implemented prior to suspended movement training sessions 3.2 Identify the specific health and safety considerations when planning a session involving suspended movement training equipment 3.3 Describe how forces can be manipulated by changing body position relative to equipment and anchor points to provide an appropriate level of challenge for the client(s)
4. Be able to design a suspended movement training programme	4.1 Plan an exercise programme incorporating suspended movement training exercises, to include: <ul style="list-style-type: none"> • Warm up • Main session • Cool down 4.2 Select appropriate suspended movement training exercises to achieve specific training objectives 4.3 Plan effective exercise order, timing and rest periods 4.4 Identify any adaptations or special arrangements due to equipment, facilities or the client 4.5 Record the exercise programme in an appropriate format
Assessment	Worksheet Exercise session plan

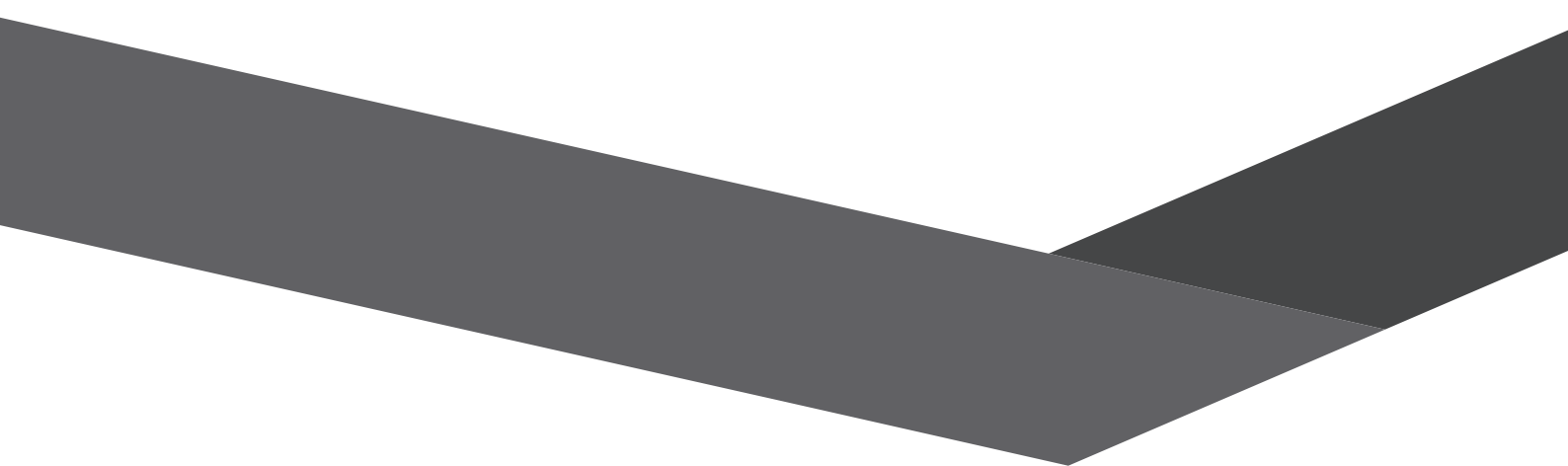
Learning outcomes The learner will:	Assessment criteria The learner can:
1. Be able to prepare for a suspended movement training exercise session	1.1 Implement pre-exercise health screening processes and identify when clients may need to gain medical consent to exercise 1.2 Identify a suitable anchor point for a suspended movement training device 1.3 Follow manufacturer’s guidelines to safely anchor suspended movement training equipment to an anchor point 1.4 Follow manufacturer’s instructions to set up suspended movement training equipment ready for exercise 1.5 Perform a pre-exercise weight test on suspended movement training equipment
2. Be able to instruct a suspended movement training exercise session	2.1 Provide technically correct demonstrations for a range of suspended movement training exercises, to include: <ul style="list-style-type: none"> • Push exercises • Pull exercises • Squat exercises • Lunge exercises • Core exercises 2.2 Provide the main preparation points for each exercise 2.3 Provide teaching points and positive reinforcement of good client technique during the exercises 2.4 Regress or progress exercise technique as required to meet the needs of the client(s)
3. Be able to demonstrate a range of communication skills	3.1 Maintain the client(s) attention during instruction and exercise performance 3.2 Use visual demonstrations 3.3 Use visual cues 3.4 Use verbal teaching points
4. Be able to evaluate a suspended movement training exercise session	4.1 Give feedback to the client(s) regarding exercise technique and intensity 4.2 Gain feedback from the client(s) regarding exercise suitability, intensity and instruction style 4.3 Evaluate the effectiveness of the session and own performance 4.4 Record an action plan for improvement
Assessment	Summative observation Session self-evaluation

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