

Level 2 NVQ Diploma Instructing Exercise and Fitness



Course content

Mandatory units

- Anatomy and physiology for exercise
- Principles of exercise, fitness and health
- Promote health, safety and welfare in active leisure and recreation
- Work with clients to help them adhere to exercise and physical activity
- Reflect on and develop own practice in providing exercise and physical activity
- Plan and prepare gym-based exercise
- Instruct and supervise gym-based exercise

Who is the course for?

For people interested in a career in exercise & fitness. Much of the course is around practical activities in the gym; therefore potential learners are required to have a basic level of fitness in order to demonstrate activities to clients. Learners must be aged 16 or above.

Assessment method

Portfolio of Units to be assessed against the National Occupational Standards. Evidence to include:

- Observations
- Action plans
- Assignments
- Oral questions
- Written questions
- Professional discussions
- Programme plans
- Witness testimonies
- Reflective accounts

Entry requirements

Potential Learners must:

- Functional Skills in English and Maths at Level 1 or above.
- Working in a gym environment demands a variety of shift patterns which can include daytime, evening and weekend work. Learners must have a flexible approach to placement shifts.

Future opportunities / career options

On successful completion learners can:

- Have the opportunity to apply for employment within the fitness industry
- Progress onto a NVQ Diploma Level 3 Personal Trainer

When the course is run?

Daytime, 3 half days per week (Term 1). 1 half day plus work placement for minimum of a day (Terms 2 and 3). 36 weeks per year.



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2011/12
Academic Year

**Contact Guidance on
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