

Qualification Specification

Focus Awards Level 2 Certificate in Fitness
Instructing (Exercise to Music) (RQF)

603/4159/2



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Focus Awards Level 2 Certificate in Fitness Instructing (Exercise to Music) (RQF)

Qualification Details

QRN: 603/4159/2

Credit: 24

GLH: 161

TQT: 241

Qualification Purpose

The Focus Awards Level 2 Certificate in Fitness Instructing (RQF) is aimed at those learners who work or want to work in the Exercise and Fitness sector. The qualification will enable learners to instruct exercise to music.

Learner Entry Requirements

The qualification 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) and application of number involved, and learners should have basic skills in communication and application of number at levels 3 and 2 respectively

Age Ranges

Entry is at the discretion of the centre; however learners should be 16 to undertake the qualification.

Geographical Coverage

This qualification is available in England and Northern Ireland.

Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations Policy'.

Assessment Methods

The Focus Awards Level 2 Certificate in Fitness Instructing (Exercise to Music) (RQF) is internally assessed.

Each learner is required to create a portfolio of evidence which demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include;

- Observed work
- Witness statements
- Audio- visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies

All evidence must be cross referenced to unit outcomes, simulation is not allowed in all units.

Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

- Level 2 Diploma in Instructing Exercise and Fitness
- Level 3 Certificate in Personal Training
- Level 3 NVQ diploma in Personal Training
- Apprenticeship in Exercise and Fitness

Useful websites and supporting materials

- www.focusawards.org.uk/supportingmaterials
- www.ofqual.gov.uk

Qualification Structure/Rules of Combination

In order to successfully achieve the Focus Awards Level 2 Certificate in Fitness Instructing (Exercise to Music) (RQF) learners must complete all the mandatory units.

Unit Title	Unit Ref	Level	GLH	Credit
Mandatory				
Anatomy and physiology for exercise	H/600/9013	2	41	6

Health safety and welfare in a fitness environment	T/600/9016	2	16	2
Principles of exercise, fitness and health	A/600/9017	2	28	4
Know how to support clients who take part in exercise and physical activity	M/600/9015	2	13	2
Planning exercise to music sessions	F/600/9021	2	24	4
Instructing group exercise to music	J/600/9022	2	37	6

Requirements for Tutors

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however; consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

Requirements for assessors:

Assessors will be required to hold, or be working towards a relevant assessing qualification. This may include qualifications such as the Level 3 Certificate in Assessing Vocational Achievement, or the Level 3 Award in Assessing Competence in the Work Environment. Focus Awards will however; consider other relevant assessing qualifications upon submission. Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor. Assessors must also be able to show they are occupationally competent within the sector area.

Requirements for Internal Quality Assurers (IQA):

Internal Quality Assurers should hold or be working towards the following an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however; consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.