



Focus Awards Level 2 Certificate in Fitness Instructing (RQF)

601/5883/9

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Qualification Summary

Level	Sector	Qualification Type
2	Sport, Leisure and Recreation	Occupational Qualification
Total Qualification Time	Credit Value	Guided Learning Hours
230	23	158
Status	Methods of Assessment	Minimum Age
Available to Learners	Portfolio of Evidence	16



Focus Awards Level 2 Certificate in Fitness Instructing (RQF)

QRN: 601/5883/9

GLH: 158

TQT: 230

Credit: 23

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 Focus Awards Level 2 Certificate in Fitness Instructing (RQF) offers learners the opportunity to achieve a qualification in fitness instructing via 4 pathways: Gym-based Exercise, Exercise to Music, Water-based Exercise and Exercise and Physical Activity for Children. Each pathway enables learners to develop their knowledge and understanding required when planning and instructing clients or groups of participants in physical activity.

Age Range

Entry is at the discretion of the centre. However, learners should be aged 16 to undertake this qualification.

Geographical Coverage

This qualification is available in England and Northern Ireland.

Learner Entry Requirements:

Focus Awards does not set any other entry requirements, but additional criteria may be requested or specified by the centre.

Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations Policy'. A copy is available for download from the Focus Awards website at the following url: <https://www.focusawards.org.uk/wp-content/uploads/2016/08/Reasonable-Adjustments.pdf>

Assessment Methods

This qualification is Internally Assessed. Each learner must create a portfolio of evidence that demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include some or all of the following:

- Assessor observation
- Witness testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Progression Routes

Learners seeking progress from this qualification can advance their skills further through the following:

- Focus Awards Level 2 Diploma in Instructing Exercise and Fitness (RQF)
- Focus Awards Level 3 Certificate in Personal Training (RQF)
- Focus Awards Level 3 NVQ Diploma in Personal Training (RQF)

Supporting Material and Useful Websites

- <https://focusawards.org.uk/supportingmaterials>
- <https://ofqual.gov.uk>

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Anatomy and physiology for exercise	H/600/9013	2	6	41
Health safety and welfare in a fitness environment	T/600/9016	2	2	16
Principles of exercise, fitness and health	A/600/9017	2	4	28
Know how to support clients who take part in exercise and physical activity	M/600/9015	2	2	13

Optional Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Planning gymbased exercise	F/600/9018	2	4	23
Instructing gymbased exercise	A/600/9020	2	6	43
Planning exercise to music sessions	F/600/9021	2	4	24
Instructing group exercise to music	J/600/9022	2	6	37
Planning waterbased exercise	L/600/9023	2	5	26
Instructing waterbased exercise	R/600/9024	2	6	38
Planning health related exercise and physical activity for children	A/600/9048	2	3	23
Instructing health related exercise and physical activity to children	T/600/9050	2	6	36

Staff Requirements

Requirements for Tutors/Instructors

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 includes qualifications such as:

- Level 3 Award in Assessing Competence in the Work Environment
- Level 3 Award in Assessing Vocationally-Related Achievement
- Level 3 Certificate in Assessing Vocational Achievement

Focus Awards will however; consider other relevant assessing qualifications upon submission.

Assessors who only hold the Level 3 Award in Understanding the Principles and Processes of Assessment will be required to complete an additional programme of study to achieve the relevant competency units required for one of the qualifications listed above.

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.