



# Focus Awards Level 2 Certificate in Planning and Delivering Gym Based Exercise (RQF)

603/5231/0

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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
240	24	158
Status	Methods of Assessment	Minimum Age
Available to Learners	Portfolio of Evidence	16



# Focus Awards Level 2 Certificate in Planning and Delivering Gym Based Exercise (RQF)

QRN: 603/5231/0

GLH: 158

TQT: 240

Credit: 24

## Qualification Purpose:

The aim of this qualification is to provide learners with the skills and knowledge to a professionally competent level enabling them to plan, deliver and evaluate safe and effective fitness instruction sessions unsupervised via the context of gym-based exercise.

- To develop the learner's knowledge of anatomy and physiology and how it relates to exercise and fitness.
- To develop the learner's ability to plan and deliver safe and effective gym sessions.
- To provide learners with the knowledge to develop good customer service and the personal qualities required by the exercise and fitness industry.
- To provide learners with the knowledge of health and safety in exercise and fitness environment.
- To provide learners with the opportunity to progress to further qualifications in the exercise and fitness industry.

## 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.

## 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 Award in Instructing Kettle bells (RQF)
- Focus Awards Level 2 Award in Instructing Circuit Sessions (RQF)
- Focus Awards Level 3 Certificate in Personal Training (RQF)
- Focus Awards Level 2 Certificate in Coaching Strength and Conditioning for Sport (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
Principles of health and wellbeing for exercise, fitness and health	Y/617/8588	2	4	28
Anatomy physiology and kinesiology for exercise and health	D/617/8589	2	6	41
Know how to support clients lifestyle management and enhance client motivation for exercise and physical activity	R/617/8590	2	2	13
Principles of professional practice and health and safety in a fitness environment	Y/617/8591	2	2	16
Planning professional practice with effective consultations and assessments for gym-based exercise sessions	D/617/8592	2	4	23
Instructing professional practice and effective exercise supervision in gym-based exercise sessions	H/617/8593	2	6	37

## 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.