



Focus Awards Level 2 NVQ Diploma in Instructing Exercise and Fitness (RQF)

601/4885/8

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Qualification Summary

Level	Sector	Qualification Type
2	Sport, leisure and recreation	Occupational
Total Qualification Time	Credit Value	Guided Learning Hours
370	37	223
Status	Methods of Assessment	Minimum Age
Available to Learners	Portfolio of Evidence	16



Focus Awards Level 2 NVQ Diploma in Instructing Exercise and Fitness (RQF)

QRN: 601/4885/8

GLH: 223

TQT: 370

Credit: 37

Qualification Purpose:

The Focus Awards Level 2 NVQ Diploma in Instructing Exercise and Fitness (RQF) aims to provide the learner with the skills, knowledge and competence required to gain a qualification in the workplace that relates to their role as a fitness instructor.

The Focus Awards Level 2 NVQ Diploma in Instructing Exercise and Fitness (RQF) is a competency based qualification for gym instructors. This qualification is aimed at those instructors who wish to progress their career in the fitness industry by proving their competency at Level 2.

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:

- The qualification is open to anyone who is capable of reaching the required standards.
- 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, so learners should have basic skills in communication and numeracy at Levels 3 and 2 respectively.

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 3 Diploma Master In Gym Instructing And Personal Training (RQF)
- Focus Awards Level 2 Certificate In Group Training Sessions (RQF)
- Focus Awards Level 3 Diploma Specialist In Personal Training (RQF)
- Focus Awards Level 3 Certificate In Planning And Delivering 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	41	6
Work with clients to help them to adhere to exercise and physical activity	A/601/7361	2	25	4
Reflect on and develop own practice in providing exercise and physical activity	F/601/7362	2	23	4
Principles of exercise, fitness and health	A/600/9017	2	28	4
Promote health, safety and welfare in active leisure and recreation	D/601/4484	2	30	4

Optional Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Plan and prepare gym-based exercise	J/601/7363	2	43	9
Instruct and supervise gym-based exercise	L/601/7364	2	43	8
Plan and prepare group exercise to music	R/601/7365	2	33	8
Instruct group exercise to music	Y/601/7366	2	43	8
Plan and prepare water-based exercise	D/601/7367	2	35	8
Instruct water-based exercise	H/601/7368	2	41	8
Plan and prepare health related exercise and physical activity for children	K/601/7369	2	55	8
Instruct health related exercise and physical activity to children	D/601/7370	2	40	7

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.