



Focus Awards Level 2 Certificate in
Planning and Delivering
Exercise to Music (RQF)
610/2609/8

Focus Awards, Silicon House, Farfield Park, Manvers,
Rotherham, S63 5DB

Qualification Summary

Key Information

Level	Sector	Qualification Type
2	Sport, leisure and recreation	Occupational
Total Qualification Time	Credit Value	Guided Learning Hours
220	22	148
Status	Methods of Assessment	Minimum Age
Available to learners	Portfolio of evidence	16



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Focus Awards Level 2 Certificate in Planning and Delivering Exercise to Music (RQF)

QRN: 610/2609/8

GLH: 148

TQT: 220

Credit: 22

Qualification Purpose:

The Focus Awards Level 2 Certificate in Planning and Delivering Exercise to Music (RQF) has been developed for learners who currently work, or want to work in the exercise and fitness sector. The qualification will provide learners with relevant skills and knowledge to be able to safely deliver exercise to music fitness sessions to both individuals and groups.

Age ranges

Entry is at the discretion of the centre. However, learners should be at least 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

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

- Focus Awards Level 2 NVQ Diploma in Instructing Exercise and Fitness (RQF)
- Focus Awards Level 3 Certificate in Planning and Delivering 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>



Qualification Structure

In order to successfully achieve the Focus Awards Level 2 Certificate in Planning and Delivering Exercise to Music (RQF) learners must complete all mandatory units totalling 22 credits

Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Anatomy, physiology, and kinesiology for exercise and health	D/617/8589	2	6	41
Customer service in a fitness environment	T/650/7070	2	2	16
Support clients' lifestyle management and enhance client motivation for exercise	Y/650/7071	2	2	13
Professional practice in the fitness environment	A/650/7072	2	2	13
Plan and review exercise to music sessions	D/650/7073	2	4	24
Deliver and supervise group exercise to music sessions	F/650/7074	2	6	41

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.