



## Sport – Instructing Exercise & Fitness

### Instructing Exercise & Fitness Levels

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	APPRENTICESHIP	ADVANCED APPRENTICESHIP
	●			 Apprenticeships	

### Overview

This qualification is aimed at those wishing to become fitness instructors and gain valuable work based experience. The course will teach you how to plan, deliver and evaluate a variety of physical activity programmes independently and without direct supervision. You will learn how to develop individualised programmes to improve the health, lifestyle and fitness of clients. It is a nationally recognised qualification in fitness instructing, recognised by employers worldwide. This award guarantees you full entry onto the Register of Exercise Professionals (REPs) register at level 2.

### Who would benefit from this qualification?

This qualification is aimed at those working in the sports and fitness industry in a gym based environment.

### Course Content

Collection and analysis of information in order to plan and instruct gym based activities.

- Planning and preparing gym based activities with clients
- Instruct, observe and assist clients with gym based activities
- Providing motivation and support to clients to develop and maintain their fitness
- Evaluate and develop performance in instructing exercise and fitness
- Dealing with accidents and emergencies

### Entry Requirements:

There are no formal entry requirements for candidates undertaking this NVQ, however employers must ensure that candidates have the potential and opportunity to gain evidence for the qualification in the work place.

