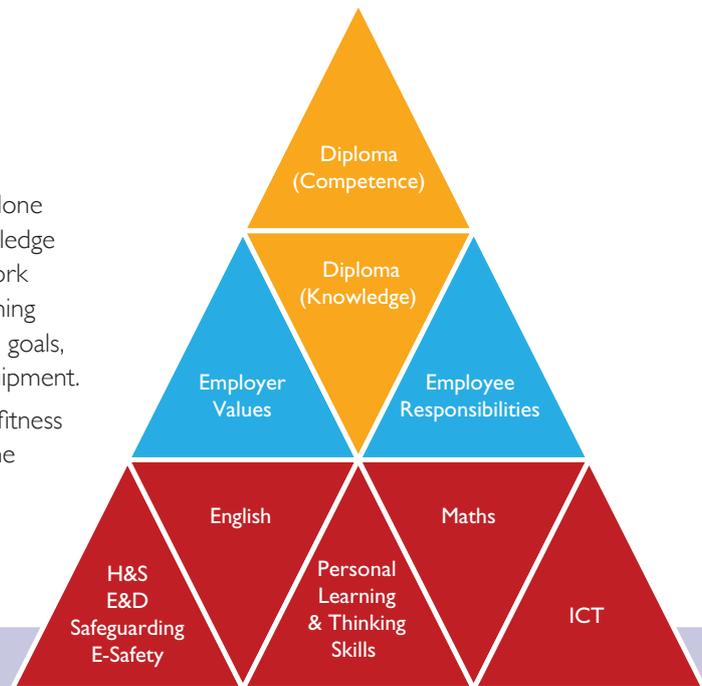




## Intermediate Apprenticeship in Instructing Exercise and Fitness

### Who is the course for?

This apprenticeship is for an individual who works in a gym environment, you may also have previously gained a stand alone Fitness Instructor certificate and wish to expand your knowledge and learning. You will have a role that includes some gym work and your duties may include inducting clients, reviewing training programmes, supporting the clients in achieving their fitness goals, keeping the gym environment safe, maintaining the gym equipment. This role helps you to gain knowledge and experience as a fitness professional. You will be covering anatomy and physiology, the principles of exercise and fitness, planning, preparing and instructing gym based exercise, promoting health and safety and working with clients.



### How is the course structured?

Your Apprenticeship is a collection of recognised and externally accredited individual qualifications that are delivered as part of a package that can also include other business specific training elements. We call this an Apprenticeship Framework.

A full Apprenticeship Framework is made up of the following elements:

#### Diploma

**Competency/Practical** – this element is the main learning aim of your Apprenticeship. It is a competency based qualification where you will be trained and assessed against a set of performance criteria that relate to your chosen subject/ occupational area.

**Technical Knowledge/Theory** – this element is the part of your programme where we train and assess your specific underpinning knowledge of your chosen subject/ occupational area. It is often delivered as part of the Diploma.

**Employer Requirements** – we place all learning in the context of your organisation's core values and expected behaviours. Sometimes there are additional course components that your employer will ask us to train you in.

**Employee Rights** – we ensure that you understand your role and responsibilities at work.

**Functional Skills** – we deliver English and Maths qualifications at level 1 or 2 and in some frameworks we include ICT.

**Health & Safety/Equality & Diversity/Safeguarding/ ESafety** – these elements are offered as part of your framework and you can gain an accredited outcome for completing them.

**Personal Learning & Thinking Skills** – we ensure that these skills are formally developed and evidenced during your Apprenticeship.

## What will my course contain?

To achieve The Active IQ L2 NVQ Diploma in Instructing Exercise and Fitness (gym based) you must achieve the following units:

- Unit 1 – Anatomy and physiology for exercise (H/600/9013) – this unit is worth 6 credits
- Unit 2 – Principles of exercise, fitness and health (A/600/9017) - this unit is worth 4 credits
- Unit 3 – Promote health, safety and welfare in active leisure recreation (D/601/4484) - this unit is worth 4 credits
- Unit 4 – Work with clients to help them to adhere to exercise and physical activity (A/601/7361) – this unit is worth 4 credits
- Unit 5 – Reflect on develop own practice in providing exercise and physical activity (F/601/7362) – this unit is worth 4 credits
- Unit 6 – Plan and prepare gym-based exercise (J/601/7363) – this unit is worth 9 credits
- Unit 7– Instruct and supervise gym-based exercise (L/601/7364) – this unit is worth 8 credits

This diploma is assessed through multiple choice exams for the first 2 units, underpinning knowledge proved by completing worksheets, a portfolio of evidence gathered through work activities including: health and safety activities, supporting the clients, developing own career; planning and delivering gym based exercise sessions. The portfolio will consist of witness statements, product of evidence, professional discussions and observations.

### The Underpinning Technical Certificate-Active IQ L2 Certificate in Fitness Instructing (gym based)

- Unit 1 – Anatomy and physiology for exercise (H/600/9013) – this unit is worth 6 credits
- Unit 2 – Know how to support clients who take part in exercise and physical activity (M/600/9015) – this unit is worth 2 credits
- Unit 3 – Health, safety and welfare in a fitness environment (T/600/9016) – this unit is worth 2 credits
- Unit 4 – Principles of exercise, fitness and health (A/600/9017) – this unit is worth 4 credits
- Unit 5 – Planning gym-based exercise (F/600/9018) this unit is worth 4 credits
- Unit 6 – Instructing gym-based exercise (A/600/9020) – this unit is worth 6 credits

To achieve the Active IQ Certificate in Fitness Instructing you will have to pass the following:

Multiple choice exams for the unit 1 and 2 (these are the same as in the NVQ Diploma), Worksheets for the units 2-5, practical assessments for unit 6.

### The L2 Active IQ Award in Employment Awareness in Active Leisure

- Unit 1 – Understanding Employment Rights and Responsibilities (J/600/0840) – this unit is worth 2 credit values
- Unit 2 – Understanding the Employing Organisation (D/600/1735) – this unit is worth 2 credit values
- Unit 3 – Understanding the Active Leisure and Learning Sector (Y/600/1734) – this unit is worth 2 credit values

To achieve this award you will complete the worksheets for each unit.

## How long is the course?

12-14 months

## How is the course delivered?

You will be assigned a personal tutor who will plan an individual learning programme with you.

This will be based around regular monthly tutorials in the workplace, workshops and if appropriate some online learning.



You will be given mentoring and support in your role both 'on and off' the job through your employer's assigned supervisor/mentor/manager. In addition, a daily or weekly portion of time should be identified, outside the training elements shown above, to complete work-based assignments/project work or to access online learning. The time that needs to be dedicated to this varies from learner to learner; it may equate to an hour within the working day. Your monthly activities will be detailed by your tutor and activities undertaken should be recorded within your Learning Journey document.

## What are the entry requirements for the course?

You should be aged 16 or over and be working or applying to work with a company that has agreed to offer this recognised Apprenticeship programme. There are no minimum academic or vocational qualifications required but a good general standard of education is beneficial.

## What could I do after this course?

Depending on your circumstances you may wish to progress on to an Advanced Apprenticeship in Personal Training.

## Cost

TSP can access full and partial funding support for this programme.

Please contact us to check your eligibility and to confirm the course price.

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