

Coaching, Teaching and Instructing NVQ Level 2

Description	The level 2 NVQ in coaching, teaching and instructing is designed for fitness coaches, teachers and instructors who are responsible for planning, delivering and evaluating sessions.
Qualification	The qualification covers topics such as improving client performance and dealing with emergencies. It also provides an opportunity for candidates to develop their personal performance.
Timescale	3 to 9 months, depending on the individual candidates circumstances.
Content	<p>Core units</p> <ul style="list-style-type: none">• Deal with accidents and emergencies• Plan and prepare a series of coaching sessions• Maintain an environment in which participants can improve their performance• Coach participants to improve their performance• Evaluate coaching sessions and develop personal coaching practice <p>Additional units</p> <ul style="list-style-type: none">• Support the protection of children from abuse
Awarding body	The awarding body for this qualification is Edexcel
Assessment	The candidate is required to complete the 5 core units. Candidates also have the option of completing the additional unit, although this is not necessary to achieve the NVQ. Candidates will be assessed in their work setting through a variety of means including observation and samples of work.
Contact us	For more information please contact Mapalim on info@mapalim.com or by telephone on 020 7284 3215. 181-187 Queen's Crescent, London NW5 4DS www.mapalim.com

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