

Instructing Exercise and Fitness NVQ Level 2

Description	The level 2 NVQ in Instructing Exercise and Fitness is a qualification for those working as fitness or gym instructors. It is suitable for those instructing gym, water and aerobic/dance based sessions.
Qualification	The qualification covers topics such as dealing with accidents and planning sessions. It also provides an opportunity for candidates to develop their personal practice
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• Evaluate and develop own practice instructing exercise and fitness• Motivate and support clients to develop and maintain their fitness <p>Optional units</p> <p>Group A</p> <ul style="list-style-type: none">• Plan and prepare group exercise sessions with music• Instruct a group exercise session with music <p>Group B</p> <ul style="list-style-type: none">• Plan and prepare gym-based activities with clients• Instruct, observe and assist gym-based activities <p>Group C</p> <ul style="list-style-type: none">• Plan and prepare water-based exercise sessions• Instruct a water-based exercise session
Awarding body	The awarding body for this qualification is Edexcel
Assessment	The candidate is required to complete the 3 core units and both option units from either group A, B or C. 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.

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