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## City & Guilds

### 500/8048/9 Level 2 Certificate in Fitness Instructing

#### OVERVIEW

- What does this qualification cover?

The City & Guilds Level 2 Certificate in Fitness Instructing will prepare learners for employment while also allowing for further learning in a specific professional area. The qualification allows learners to train to a competent level, while also enabling them to plan and deliver effective and safe exercise programmes within gym and/or health club environments. This qualification will also qualify the learner for the Register of Exercise Professionals (REPS) in the context of Gym, exercise to music, water-based exercise and physical activity for children.

The following areas are mandatory within this qualification:

- Anatomy and Physiology for Exercise
- Principles of Exercise, Fitness and Health
- Health, Safety and Welfare in a Fitness Environment
- Know how to Support Clients who Take Part in Exercise and Physical Activity

The following areas are Optional within this qualification:

- Planning Gym-based Exercise
- Instructing Gym-based Exercise
- Planning Group Exercise to Music
- Instructing Group Exercise to Music
- Planning Water-based Exercise
- Instructing Water-based Exercise
- Planning Health-related Exercise and Physical Activity for Children
- Instructing Health-related Exercise and Physical Activity for Children

Learners taking the level 2 certificate will cover the mandatory core units and then a choice of optional units which will allow the learner to acquire the necessary underpinning knowledge required within the Sports Industry.



This is a Framework qualification.

- Who could take this qualification? OR who is this qualification designed for?

These qualifications are primarily designed for those working as, or wanting to work as, fitness instructors or personal trainers in the exercise and fitness industry.

This qualification is suitable for anyone from 16 years old or over.

There are no formal entry requirements for candidates undertaking this qualification.

This is the only level 2, knowledge-based qualification of this size available.

### WHAT COULD THIS QUALIFICATION LEAD TO?

- Will the qualification lead to employment, and if so, in which job role at which level?

This qualification could lead to jobs such as:

- Fitness Instructor.
- Will the qualification support progression to further learning, if so, what to?

The learner could progress onto an apprenticeship at Level 2 or 3 or other qualifications such as:

- Level 3 NVQ Diploma in Personal Training
- Level 3 Certificate in Personal Training
- Level 3 Diploma in Increasing Participation in Sport and Active Leisure in Community Setting
- Level 3 Diploma in Leisure Management

### WHO SUPPORTS THIS QUALIFICATION?

**Professional Bodies:** Rugby Football Union (RFU), Register of Exercise Professionals (REPS)