

## Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness (QCF)

### Introduction

The Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness is on the Qualifications and Credit Framework. This qualification underpins the role of a fitness instructor and enables learners to prove competence in the workplace and can be achieved in the following contexts; Gym, Exercise to Music, Aqua or Exercise and Physical Activity for Children.

Reg/Cert fee (candidate portfolio included in reg/cert fee):	£45
Lecture Pack fee:	
Manual fee:	
Guided Learning Hours:	242
Notional Learning Hours:	370
Accreditation Number:	500/9640/0
Performance Points:	
Qualification credit value:	37

### Qualification structure and credit value

Learners must achieve 5 mandatory units and 2 optional units from a specific pathway;

- Gym pathway: 22 credits from mandatory units plus 16 credits from relevant optional units
- Exercise to Music pathway: 22 credits from mandatory units plus 16 credits from relevant optional units
- Aqua pathway: 22 credits from mandatory units plus 16 credits from relevant optional units
- Exercise and Physical Activity for Children pathway: 22 credits from mandatory units plus 15 credits relevant from optional units

### Mandatory Units

**Learners must complete all 5 mandatory units (credit value required; Minimum 22, Maximum 22)**

- 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

## **Optional Units**

**Credit Value required: Minimum 15.**

### **O1 – Pathway A Gym**

Learners must achieve both optional units if this pairing is selected. This group represents a pathway.  
Credit value required; Minimum 17, Maximum 17

Sub-components required; Minimum 2, Maximum 2.

- Plan and prepare gym-based exercise (J/601/7363) – this unit is worth 9 credits
- Instruct and supervise gym-based exercise (L/601/7364) – this unit is worth 8 credits

### **O2 – Pathway B Exercise to Music**

Learners must achieve both optional units if this pairing is selected. This group represents a pathway.  
Credit value required; Minimum 16, Maximum 16

Sub-components required; Minimum 2, Maximum 2.

- Plan and prepare group exercise to music (R/601/7365) – this unit is worth 8 credits
- Instruct group exercise to music (Y/601/7366) – this unit is worth 8 credits

### **O3 – Pathway C Aqua**

Learners must achieve both optional units if this pairing is selected. This group represents a pathway.  
Credit value required; Minimum 16, Maximum 16

Sub-components required; Minimum 2, Maximum 2.

- Plan and prepare water-based exercise (D/601/7367) – this unit is worth 8 credits
- Instruct water-based exercise (H/601/7368) – this unit is worth 8 credits

### **O4 – Pathway D Exercise and Physical Activity for Children**

Learners must achieve both optional units if this pairing is selected. This group represents a pathway.  
Credit value required; Minimum 15, Maximum 15

Sub-components required; Minimum 2, Maximum 2.

- Plan and prepare health related exercise and physical activity for children (K/601/7369) – this unit is worth 8 credits

- Instruct health related exercise and physical activity to children (D/601/7370) – this unit is worth 7 credits

## **Assessment**

### **Internally assessed:**

- Portfolio of Evidence
- Practical Demonstration / Assignment
- Coursework