

## Instructing Exercise and Fitness

Level 2

06926

### Who is this VRQ for?

This qualification is aimed at instructors who are capable of planning, delivering and evaluating physical activity programmes. In planning the programmes, they will be drawing on knowledge and experience and will sometimes include inputs from other professionals.

It is essential that the majority of the candidates' evidence comes from working with real equipment, facilities and clients. It is very important that most evidence is generated from real work activities, not 'skills test' type exercises, set up purely for the sake of assessment.

### Related qualifications

This qualification builds and expands on the competencies required in the Level 2 Certificate in Fitness Instructing. We expect this to mean that many candidates who have achieved Level 2 will see the Level 2 NVQ as the next step.

We also offer the following related qualifications which might be appropriate for some candidates:

datasheet

# Vocationally-related qualifications

## OCR Nationals

OCR Level 2 National Award in Sport  
OCR Level 2 National Certificate in Sport  
OCR Level 3 National Certificate in Sport  
OCR Level 3 National Diploma in Sport  
OCR Level 3 National Extended Diploma in Sport

## NVQs

OCR Level 1 NVQ in Sport, Recreation and Allied Occupations  
OCR Level 2 NVQ in Sport, Recreation and Allied Occupations: Coaching, Teaching, Instructing in the context of Association Football  
OCR Level 2 NVQ in Operational Services  
OCR Level 2 NVQ in Activity Leadership  
OCR Level 3 NVQ in Leisure Management  
OCR Level 3 NVQ Instructing Physical Activity and Exercise  
OCR Level 3 NVQ in Sport Development

## VRQs

OCR Level 2 Certificate in Fitness Instructing  
OCR Level 3 Certificate in Advanced Fitness Instructing (Gym)

## What is its purpose?

This qualification assesses a candidate's competence against the national occupational standards for Instructing and Fitness at Level 2.

## What is an NVQ?

An NVQ (National Vocational Qualification) is a qualification which assesses someone's competence (that is the skills, knowledge and understanding they have) in a work situation. NVQs are based on national occupational standards. The standards describe the level and breadth of performance that is expected of anyone working in the industry or sector which the NVQ covers. This NVQ is based on the national occupational standards developed by SkillsActive, the Sector Skills Council for Active Leisure and Learning.

The awarding body for this NVQ is Oxford Cambridge and RSA Examinations (OCR) and the regulatory body is the Qualifications and Curriculum Authority (QCA).

## What is the benefit of this NVQ?

Employees will benefit from:

- a clearer understanding of their responsibility within the organisation

- the opportunity to develop new skills
- the recognition of existing skills

Employers will benefit from:

- improved staff performance and motivation
- improvements in the quality of service to customers
- the opportunity to improve customer retention levels

## What is the structure of this qualification?

To achieve the full Level 2 VRQ in Instructing Exercise, a candidate must complete five units, three mandatory units and two from an optional pairing in the context of Exercise to Music, Gym or Water based.

### Mandatory units

- C35 Deal with Accidents and Emergencies  
D417 Motivate and support clients to develop and maintain their fitness  
D448 Evaluate and develop own practice in instructing exercise and fitness

### Optional Pairing A – Group exercise with music

- D414 Plan and prepare group exercise sessions with music  
D415 Instruct a group exercise session with music

### Optional Pairing B – Gym based exercise

- D410 Plan and prepare gym-based activities with clients  
D411 Instruct, observe and assist gym-based activities

### Optional Pairing C – Water-based exercise

- D412 Plan and prepare water-based exercise sessions  
D413 Instruct a water-based exercise session

## What to do next?

To seek approval to offer the qualification(s), please apply on-line following the step-by-step guide to applying for approval for vocational qualifications indicated on our 'Centre Approval' webpage.

You might be interested to know that OCR staff are available to help with any aspect of setting up a vocational assessment centre. Through an advisory telephone call or a centre visit, we can assist, not only with the completion of the form, but also provide advice on the following areas:

- identifying potential candidates and marketing opportunities
- meeting OCR requirements
- identifying resourcing levels, both in terms of staff and equipment
- the documents you might need for the benefit of the candidates and a smooth running centre operation

For further information, please get in touch with our **Customer Contact Centre** by phone: **(024 7685 1509)**; email: **vocational.qualifications@ocr.org.uk**; or in writing: **OCR Customer Contact Centre, OCR, Westwood Way, Coventry, CV4 8JQ.**

A summary of how the approval process works is provided in our **Admin Guide for Vocational Qualifications** (publication ref. code: A850). Our **Fees List** contains the charges for centre evaluation, candidate entries and certification. Both documents are available to download from our website **www.ocr.org.uk**

## What relevant publications are available?

- The units and centre handbook containing guidance on implementing the Level 2 Certificate in Instructing Exercise and Fitness are available online at [www.ocr.org.uk](http://www.ocr.org.uk)
- The OCR Fees booklet (A250), which includes charges for centre evaluation, is available from the Customer Contact Centre and OCR's website.
- Full details of how to apply are given in the booklet National Vocational Qualifications and Other Verified Qualifications – Centre Guidance (L526), which is included in the Centre Approval Pack, available from the Customer Contact Centre.

## Who developed the standards for this qualification?

SkillsActive is the Sector Skills Council responsible for the development of national occupational standards and assessment strategies for NVQs in the Active Leisure and Learning sector.

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**www.ocr.org.uk**

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