

Instructing Exercise and Fitness (in the context of Group Exercise, Gym and Pilates)

Level 3

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Who is this VRQ for?

This qualification is aimed at instructors who are capable of planning, delivering and evaluating physical activity programmes independently and without direct supervision. In planning the programmes, they will be drawing on a large body of 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 NVQ in Instructing Exercise and Fitness. We expect this to mean that many candidates who have achieved Level 2 will see the Level 3 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 Instructing Exercise and Fitness
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 in Sport Development

VRQs

OCR Level 2 Certificate in Fitness Instructing
OCR Level 3 Certificate in Advanced Fitness Instructing

What is its purpose?

This qualification assesses a candidate's competence against the national occupational standards for Instructing Physical Activity and Exercise at Level 3.

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.

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 3 NVQ in Instructing Physical Activity and Exercise, a candidate must complete all mandatory units in Group A. There is a selection of additional units that candidates can complete if they wish.

Mandatory units Group A

- A318 Manage, evaluate and improve own performance in providing physical activity
- C313 Provide motivation and support to clients during a progressive physical activity programme
- D437 Collect and analyse information to plan a progressive physical activity programme
- D438 Plan, review and adapt a progressive physical activity programme
- D439 Plan and instruct specific physical activities

Additional Units (Group B)

- B224 Plan, market and sell services
- D440 Apply the principles of nutrition and weight management to a progressive physical activity programme
- D441 Adapt a physical activity programme to the needs of older clients
- D442 Adapt a physical activity programme to the needs of disabled clients
- D443 Adapt a physical activity programme to the needs of pre- and post-natal clients
- D444 Integrate core stability and flexibility exercises into a physical activity programme
- D445 Design and implement a physical activity programme for children and young people
- D446 Adapt a physical activity programme to a specific sport
- D447 Plan and deliver personal training
- D449 Design, agree and adapt a physical activity programme with referred patients/clients

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 implementation of the Level 3 NVQ Instructing Physical Activity and Exercise are available online at 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 sector.

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