

Fitness Instructing

Level 2

Mandatory units

Unit 1 – Exercise & Fitness Knowledge

Unit 2 – Health, Safety and Professionalism in Exercise and Fitness Instruction

Optional units

Unit 3 – Instructing Gym Based Exercise

Unit 4 – Instructing Exercise to Music

Unit 5 – Instructing Water Based Exercise

Additional units

Unit 6 – Instructing Circuits

Introduction

The OCR Level 2 Certificate in Fitness Instructing has been designed to prepare candidates to work effectively at Level 2 in a Fitness-Instructor role.

The qualification has been developed by SkillsActive (the Sector Skills Council) in collaboration with Awarding Bodies to reflect modern practices in fitness instructing. The approach taken meets the requirements of the National Occupational Standards in Instructing Exercise and Fitness.

Qualification structure

The OCR Level 2 Certificate in Fitness Instructing is unit based. This structure provides flexibility for delivery, assessment and certification. Candidates are required to achieve 2 mandatory units and 1 optional unit in order to achieve the full award. The units recognise the generic knowledge and skills needed by those working in the exercise and fitness industry at Level 2. Once candidates have achieved the full award they may take the additional unit of Instructing Circuits.

Assessment pattern

Unit 1 assessment takes the form of a multi-choice test

Units 2, 3, 4, 5 and 6 assessment will take the form of a case study which is set by OCR, locally assessed and all units are externally verified

Statement of level

The qualification has been designed to assess skills at Level 2.

datasheet

Target group

The qualification is appropriate for those who wish to teach fitness and who need or wish to hold membership of the Register of Exercise Professionals at Level 2. Candidates will also be expected to have a standard of literacy and numeracy and a level of industry knowledge, appropriate for a person working at Level 2.

The qualification is aimed at candidates of 18 years and over. Whilst candidates younger than 18 are not barred, it is likely they will experience difficulty in obtaining the personal liability insurance cover needed to work in this area.

Other qualifications

The following are a list of other vocationally-related qualifications in the Active Leisure Sector.

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 Sport, Recreation and Allied Occupations: Operational Services
OCR Level 2 NVQ in Sport, Recreation and Allied Occupations: Activity Leadership
OCR Level 3 NVQ in Instructing Physical Activity & Exercise
OCR Level 3 NVQ in Sports Development
OCR Level 3 NVQ in Leisure Management

VRQs

OCR Level 3 Certificate in Advanced Fitness Instructing (Gym)

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

Qualifications support

OCR provides first-class support for all of its qualifications.

The centre handbook is available on the OCR website (www.ocr.org.uk). The handbook, along with other resources needed to deliver and assess the portfolio-based units, will be sent to centres on CD-ROM at registration.

OCR runs a regular programme of training workshops for tutors and centre assessors. These are held throughout the country on a continuous basis. For more details contact:

OCR Training
Progress House
Westwood Way
Coventry

Telephone: 024 76 496398

Fax: 024 76 496399

Email: training@ocr.org.uk

Fees

For current fees for this qualification please refer to the OCR Fees List (ref A250) which is available online at www.ocr.org.uk

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

www.ocr.org.uk

OCR customer contact centre

Vocational qualifications

Telephone 024 76 851509

Facsimile 024 76 851633

Email vocational.qualifications@ocr.org.uk

General qualifications

Telephone 01223 553998

Facsimile 01223 552627

Email general.qualifications@ocr.org.uk

Head office

1 Hills Road, Cambridge CB1 2EU

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