

## Advanced Fitness Instructing (Gym)

Level 3

### Mandatory units

**Unit 1 – Advanced Exercise & Fitness Knowledge**

**Unit 2 – Advanced Resistance Training**

**Unit 3 – Advanced Cardio Vascular Training**

(Guided Learning Hours are 50 per unit)

### Introduction

The OCR Level 3 Certificate in Advanced Fitness Instructing (Gym) 06487 has been designed to prepare candidates to work effectively at Level 3 in a Gym Fitness-Instructor role.

This qualification is aimed at candidates who have successfully completed the OCR Level 2 Certificate in Teaching Exercise & Fitness or a comparable Industry Award.

The qualification has been developed by SkillsActive to reflect modern practices in fitness instructing. The approach taken meets the requirements of the National Occupational Standards in Instructing Physical Activity and Fitness and has been developed by the Sector Skills Council - SkillsActive.

### Qualification structure

The OCR Level 3 Certificate in Advanced Fitness Instructing (Gym) is unit based. This structure provides flexibility for delivery, assessment and certification. Candidates are required to achieve all 3 units 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 3.

### Assessment pattern

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

Units 2 and 3 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 3.

### Target group

The qualification is appropriate for those who are teaching fitness and wish to progress to an advanced level in a gym context. Candidates are expected to have first achieved the OCR Certificate in Teaching Exercise & Fitness at Level 2 or a comparable industry award.

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 3.

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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 2 Certificate in Teaching Exercise and Fitness

### 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 designed to provide the support resources needed to deliver and assess the portfolio-based units. Centres receive a free copy on CD-ROM at registration, along with other associated documentation. These are also available on the website [www.ocr.org.uk](http://www.ocr.org.uk).

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](mailto:training@ocr.org.uk)

## Fees

For current fees for this qualification please refer to the OCR Fees List (ref A250) which is available online or from our Customer Contact Centre on Tel: 02476 851 509, Email: [vocational-qualifications@ocr.org.uk](mailto:vocational-qualifications@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](mailto: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](http://www.ocr.org.uk)

[www.ocr.org.uk](http://www.ocr.org.uk)

OCR customer contact centre

### Vocational qualifications

Telephone 024 76 851509

Facsimile 024 76 851633

Email [vocational.qualifications@ocr.org.uk](mailto:vocational.qualifications@ocr.org.uk)

### General qualifications

Telephone 01223 553998

Facsimile 01223 552627

Email [general.qualifications@ocr.org.uk](mailto:general.qualifications@ocr.org.uk)

### OCR

1 Hills Road, Cambridge CB1 2EU

Telephone 01223 552552

Facsimile 01223 553377



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