

Sport & Recreation Fact Sheet

Instructing Exercise and Fitness Apprenticeship



Programme Objectives

This Apprenticeship NVQ is designed to provide new entrants or staff already working in the fitness industry with a thorough understanding of Instructing Exercise and fitness in the context of Gym.

Delegates who complete the programme will be able to lead individual clients and/or groups of participants in a variety of Fitness based activities

- Apprenticeships are tailored to the needs of young people entering the industry for the first time.
- Employers select, employ and help train young people to their business needs. Modern Apprenticeships have been developed by employers for employers.
- They provide broad key skills such as Application of Number, Communication, alongside the vocational skills required by a Fitness Instructor.

Who is the Programme intended for?

- This NVQ programme is ideal for staff already working in the industry whose existing skills and responsibilities could be recognised by this national qualification.
- New entrants to the industry seeking a national qualification

Staff working at the following types of facilities:

- Gymsnasiums
- Swimming Pools
- Fitness Centres
- Health Clubs
- Sports Clubs

What are NVQ's?

- NVQ's are internationally recognised qualifications which are based on the ability to do a job to a national quality standard.
- NVQ's are awarded because learners can demonstrate they are competent.
- NVQ's focus on your performance at work, how you use your skills, apply your knowledge and resources available to achieve results. You have to provide evidence to convince your assessor that you consistently meet the occupational standards.

Sport and Recreation Instructing Exercise and Fitness Apprenticeship

All from this group

- 006 Deal with accidents and emergencies
- 007 Evaluate sessions and improve personal practice
- 050 Support participants in developing and maintaining fitness.

Gym Based Exercise

- 053 Plan and prepare a gym based exercise session
- 054 Instruct a gym based exercise session

Key Skills

- Key Skills are an important part of Apprenticeships. By encouraging the apprentice to seek feedback on their performance and to take an active part in their own learning and development, Key Skills play a central role in enhancing the apprentice's flexibility and adaptability to work effectively on their own or as part of a team.
- The major part of achieving the specified Key Skills can be achieved by the Apprentice in their workplace as part of their competence for the Instructing Exercise and Fitness NVQ
 - Application of Number (at Level 1)
 - Communication (at Level 1)

Technical Certificate

Central YMCA Fitness Instructor certificate level 2, REPS Recognised

Central YMCA Qualifications certificate in Understanding the Fitness and Sport and Recreation Industry

Industry Skills

During your apprenticeship you will also achieve one other qualification appropriate to the industry. Your Tutor will discuss the options available.

Programme Delivery and Input:

We brief each learner and their line manager about the NVQ system, this sport and recreation qualification and the assessment requirements. Learners:

Learners are issued with an assessment record to record progress and provide evidence of competence

Are regularly visited by a trainer from The Skills Partnership to co-ordinate their work towards the NVQ

Have their NVQ units assessed and verified at each visit

Receive input for any learning requirements not available at their workplace either by attending off-job training or individual tutoring.

How long will the programme take?

This depends on how much experience a learner already has when they start their NVQ:

- Any member of staff could complete within twelve months. But the training provided should help the learners complete earlier.

Commitment what is expected:

- NVQs only work if the learner is determined to achieve the qualification and their employer and line manager is willing to support them.
- Replacing written exams, practical tests and formal classroom learning with an on-site assessment of practical skills against the national vocational standard places responsibility on:
- Learners to collect evidence and record it to prove their competence.
- Learners' managers to ensure the learner can undertake all the NVQ units necessary for this qualification at their workplace and to ensure operating procedures and methods are fully explained to cover this NVQ's knowledge requirements.

Programme Support Materials

- The Skills partnership staff will provide learners with support, advice and specific training support materials for this programme including:
- Individual Training Programme and Action Plan to complete this NVQ
- An Assessment Record for this qualification which contains:
 - Questions to check learner's understanding and knowledge of each unit.
 - Grids and check lists to record work activities which provide evidence of competence
 - Handouts, and lesson notes from any off-job training attended, i.e. a First Aid or Health and Safety One Day Courses.

Assessment and Verification

Learners will be assessed on-site and their work verified by The Skills Partnership training staff on a regular basis, usually every four to six weeks.

Outcomes and Progression

On completion of all the required units the learner will be awarded:

SPORTS & RECREATION NVQ Level Two
Instructing Exercise and Fitness
Unit Accreditation for each Key Skill
Apprenticeship Certificate
Mandatory Technical Certificate
CYMCA Qualifications Fitness Instructor Certificate
One other Industry Skill