

Gym Instructing

	Legacy (existing qualification) YMCA Level 2 Certificate in Gym Instructing (603/2767/4)	IfATE approved qualification <u>YMCA Level 2 Extended Technical Occupational Entry in Exercise and Fitness: Gym Instructor (Diploma) (610/4592/5)</u>
GLH	144	202
TQT	211	393
Number of units	5	7
Number of assessment tasks	7 NB: Some tasks have more than one evidence requirement	5 NB: Some assessment tasks have more than one evidence requirement

Units

YMCA Level 2 Certificate in Gym Instructing (603/2767/4)	YMCA <u>Level 2 Extended Technical Occupational Entry in Exercise and Fitness: Gym Instructor (Diploma) (610/4592/5)</u>
Anatomy and physiology for exercise and fitness instructors (K/616/7823)	Fundamentals of anatomy and physiology for exercise and fitness professionals (H/650/7417)
Providing a positive customer experience in the exercise environment (M/616/7824)	Providing a positive customer experience to exercise and fitness participants (J/650/4853)
Lifestyle management and health awareness (K/616/7949)	Health awareness and lifestyle management (R/650/4857)
N/A	Health screening, risk stratification and scope of practice (L/650/4855)
N/A	Principles of physical activity, exercise, and training approaches to develop fitness and health (K/650/4854)
Gym-based programme planning and preparation (D/616/7950)	Supporting clients in a gym-based environment (T/650/4858)
Gym-based programme delivery and professional instruction (H/616/7951)	Plan, deliver and evaluate gym-based training (Y/650/4859)

Differences in assessments

Anatomy and physiology

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<p>Learners completing the Anatomy and physiology for exercise and fitness instructors (K/616/7823) unit, must complete the following assessment:</p> <p>Assessment element 1:</p> <p>Multiple choice theory paper</p> <ul style="list-style-type: none">• Invigilated MCQ theory paper• 30 questions• Time allocation is 45 minutes• Pass mark - minimum of 21 marks (70%). <p>Assessment element 2:</p> <p>Workbook (Open book)</p> <p>Section A: Anatomy and physiology for exercise and fitness instructors</p> <p>Learners completing the Fundamentals of anatomy and physiology for exercise and fitness professionals (H/650/7417) unit must complete the following: assessment:</p> <p>Assessment element 1: Questions/ answers on anatomy and physiology</p> <ul style="list-style-type: none">• All questions must be answered correctly• This assessment is available digitally (auto marked) through YMCA Awards' online system.	<p>1.1 Health screening and risk stratification case studies with professional discussion</p> <p>This assessment is split into two parts:</p> <ul style="list-style-type: none">• Applied case study questions• Professional discussion <p>2.1 Inducting individual clients and small groups to specific exercises and equipment in the gym environment</p> <p>This assessment is split into two parts:</p> <ul style="list-style-type: none">• Inducting individual clients and small groups• Professional discussion <p>3.1 Plan a gym-based exercise session</p> <p>This assessment is split into two parts:</p> <ul style="list-style-type: none">• Planning• Professional discussion

Customer experience

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<p>Assessment element 2: Workbook (Open book)</p> <p>Section B (parts 1 and 2): Providing a</p>	<p>1.1 Health screening and risk stratification case studies with professional discussion</p>

positive customer experience in the exercise environment	<p>2.1 Inducting individual clients and small groups to specific exercises and equipment in the gym environment</p> <p>3.2 Deliver and evaluate a gym-based exercise session</p>
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Health and lifestyle

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<p>Assessment element 2: Workbook (Open book)</p> <ul style="list-style-type: none"> • Section C: Lifestyle management and health awareness 	1.1 Health screening and risk stratification case studies with professional discussion

Health screening

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N/A	<p>1.1 Health screening and risk stratification case studies with professional discussion</p> <p>2.2 Gym consultation and assessment</p> <p>This assessment is split into two parts:</p> <ul style="list-style-type: none"> • Consultation and health tests • Professional discussion

Gym specific units x 2

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Assessment element 3: Programming for client Real client	2.1 Inducting individual clients and small groups to specific exercises and equipment in the gym

	environment
<p>Assessment element 4: Observed - On-course practical delivery of specific gym-based exercise</p> <ul style="list-style-type: none"> • 1-2-1 and small groups 3-5 	2.2 Gym consultation and assessment
<p>Assessment element 5: Observation of consultation and summative gym-based delivery</p>	<p>3.1 Plan a gym-based exercise session and professional discussion</p> <p>This assessment is split into two parts:</p> <ul style="list-style-type: none"> • Planning • Professional discussion
<p>Assessment element 6: Programming from case studies</p>	<p>3.2 Deliver and evaluate a gym-based exercise session</p>
<p>Assessment element 7: Knowledge questions</p>	N/A