




Cotswold Edge Sixth Form



Subject	NCFE Level 2 Fitness Instructor	Exam board	NCFE
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Course outline

The course offered is a mixture of practical and theory and is aimed to provide learners with the skills and knowledge necessary to plan, deliver and evaluate safe and effective fitness instruction sessions via the context of gym-based exercise. It will give you a good feel for what it would be like to work in this industry as well as developing your communication, number, IT, time management and teamwork skills. You will be assessed on your portfolio of evidence which you will keep in order to demonstrate that you have met all the learning outcomes and assessment criteria for each unit.



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Course assessment

Year 12 (this is a one-year course only)

Mandatory Units		
Unit	Title	GLH (guided learning hours)
1	Anatomy & Physiology for Exercise	41
2	Know how to support clients who take part in exercise & physical activity	13
3	Health, safety & welfare in a fitness environment	16
4	Principles of exercise, fitness and health	28
5	Planning gym based exercise	30
6	Instructing gym based exercise	30

Course progression

The NCFE course could lead you to other level 2 qualifications, level 3 fitness or sport qualifications and to a fitness or gym-based working environment. Learners successfully completing this qualification will be able to gain access to the Register of Exercise Professionals (REPs) at level 2.