



FITNESS ACADEMY EUROPE
ACTIVE BODY ACTIVE MIND

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Active IQ Level 2 Certificate in

Gym Instructing

Qualification Guidance

BOD

MALE



Qualification
Accreditation Number:
603/2692/X

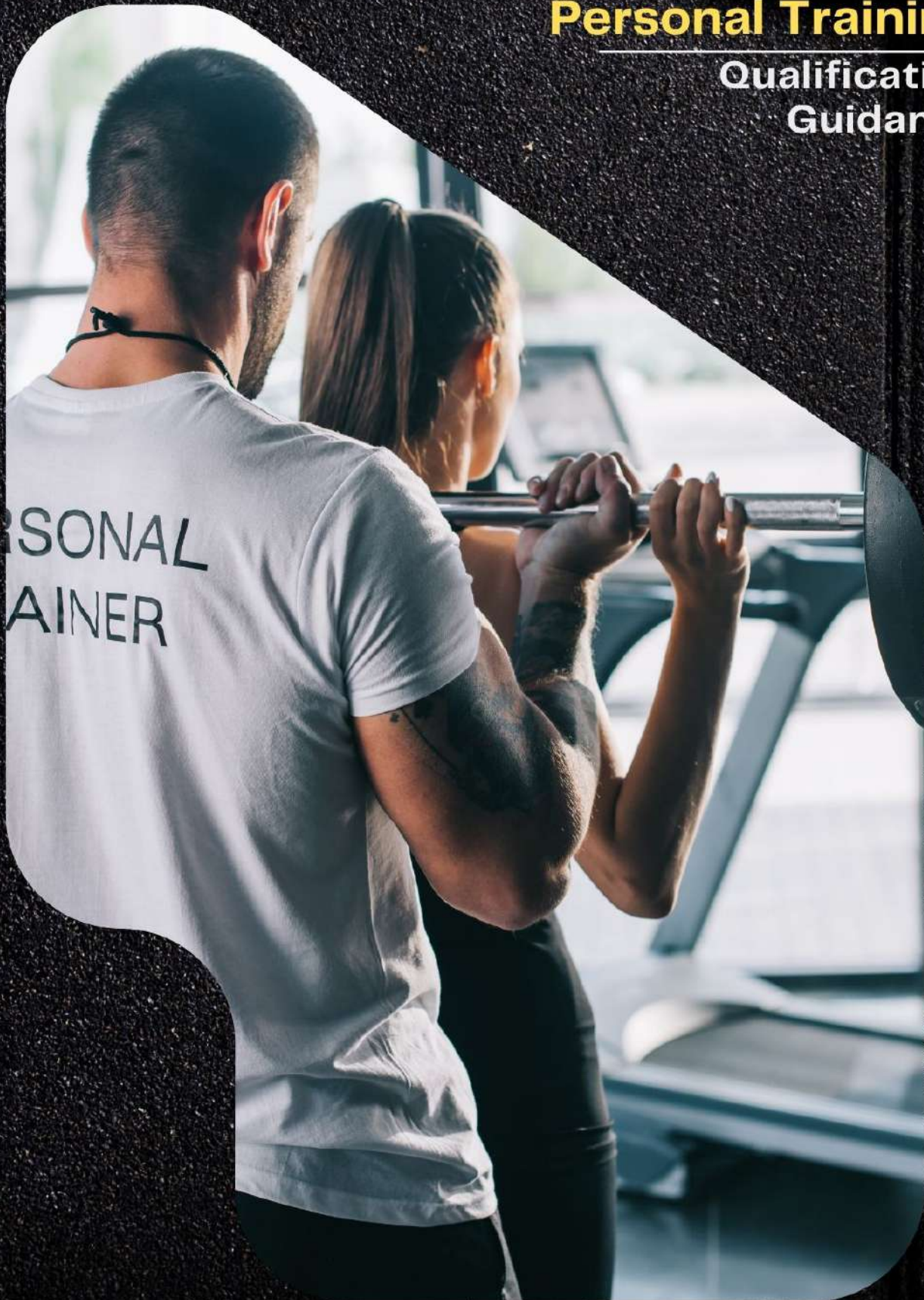




FITNESS ACADEMY EUROPE

Active IQ Level 3 Diploma in Personal Training

Qualification Guidance



Qualification
Accreditation Number:
603/0895/3



Unit 1

Applied anatomy and physiology for exercise, health and fitness

Learning outcomes

The learner will:

1 Know the structure and function of the cardiovascular system in relation to health and fitness

2 Know the structure and function of the skeletal system structure in relation to health and fitness

3 Know the structure and function of the myofascial system in relation to health and fitness

4 Know the structure and function of the nervous system in relation to health and fitness

5 Know the structure and function of the endocrine system in relation to health and fitness

6 Understand the role of the energy systems in relation to physical activity, exercise and training

7 Know the structure and function of the digestive system in relation to health and fitness

Assessment:

Theory paper
Modular summative
observation



Unit 1

Principles of anatomy, physiology and fitness

Learning outcomes

The learner will:

1 Understand the skeletal system and the effects of exercise

2 Understand the neuromuscular system and the effects of exercise

3 Understand the cardiovascular and respiratory systems and the effects of exercise

4 Understand how energy is produced in the body and the effects of exercise on energy production

5 Understand the structure and function of the digestive system

6 Understand health and well-being

7 Understand the components of fitness and the effects of exercise

Assessment:

Theory paper



Unit 2

The principles of nutrition and their application to exercise and health

Learning outcomes

The learner will:

1 Understand how to access credible information about nutrition for exercise and health

2 Know common nutritional terms related to exercise and health

3 Know the nutrients required to maintain health

4 Know how nutrients from food are used to fuel and recover from physical activity

5 Know how to estimate daily energy and nutrient requirements for clients with different goals

6 Know the risks of poor nutritional and lifestyle practices

7 Know the nutritional considerations for specific client groups

8 Be able to analyse clients' dietary habits and identify areas for improvement

Assessment:
Theory paper
Case study
Worksheet



Unit 2

Professionalism and customer care for fitness instructors

Learning outcomes The learner will:

1 Understand the legal and professional requirements for fitness instructing

2 Understand how an instructor can help all types of customer to have a positive exercise experience

3 Understand the products and services offered by fitness instructors and facilities

4 Understand the skills and behaviours needed to deliver effective customer care

5 Understand the value of first impressions

6 Understand how to communicate clearly and effectively with customers

7 Understand how to be polite and approachable with customers

8 Understand how to interact with customers in different situations

9 Understand personal and professional development

10 Be able to make a good first impression on customers

11 Be able to show the right attitude for customer care

Assessment:
Worksheet, Assignment
Summative observation



Unit 3**Understanding lifestyle, health, wellbeing and common medical conditions****Learning outcomes****The learner will:****1**

Understand how lifestyle factors affect a client's health and wellbeing

2

Understand commonly occurring medical conditions and how they may impact a client's lifestyle

3

Understand how to risk-stratify and when to refer clients with common medical conditions

Assessment:

Theory paper ,Case study
Worksheet



Unit 3

Health and safety in the fitness environment

Learning outcomes

The learner will:

1 Understand health and safety in the workplace

2 Understand hazards and risks in a fitness environment

3 Understand normal and emergency operating procedures in the workplace

4 Understand how to maintain a safe and effective fitness environment

5 Understand the cleaning requirements in fitness environments

6 Understand safe working practices relating to the Control of Substances Hazardous to Health (COSHH) Regulations

Assessment:

Worksheet
Assignment



Unit 4

Encouraging positive health and fitness behaviours in clients

Learning outcomes

The learner will:

10
Be able to assess clients' readiness to change behaviour

15
Be able to evaluate and adapt own communication styles

11
Be able to facilitate goal-setting and action planning

Assessment

Assignment

Worksheets

Modular summative observation

12
Be able to provide relevant information to clients

13
Be able to close sessions in a way that encourages ongoing client motivation and goal achievement

14
Be able to use information technology (IT) applications in line with legislation and professional standards





Unit 4

Encouraging positive health and fitness behaviours in clients

Learning outcomes The learner will:

1

Understand the importance of communication skills to effectively communicate and engage with clients

2

Understand techniques used to effectively communicate and engage with clients

3

Understand techniques used to support clients making lifestyle behaviour changes

4

Understand how to risk-stratify and when to refer clients with common medical conditions

5

Understand how to create a positive environment that motivates and empowers clients, to meet their desired goals

6

Know how to collect and interpret health screening and fitness assessment data

7

Understand how technological advancements can help clients increase their activity levels and stay motivated and focused

8

Understand how to monitor and interpret client data from a range of current information technology (IT) applications

9

Be able to collect meaningful information about clients



Unit 4

Conducting client consultations to support positive behaviour change

Learning outcomes

The learner will:

1 Know how to consult and support clients to change exercise behaviour

2 Understand the importance of a healthy lifestyle

3 Understand the importance of healthy eating

4 Understand how technology can be used to support exercise adherence

5 Know the established protocols for health screening and fitness assessment of gym-based clients

6 Be able to interview and support clients to change their exercise behaviour

Assessment:

Worksheet
Assignment
Modular summative observation



Unit 5

Programme design and delivery for personal training

Learning outcomes

The learner will:

Be able to monitor a client during exercise sessions

10

Be able to provide motivation and encouragement

11

Be able to monitor client progress and adapt the programme accordingly

12

Be able to review client progress and satisfaction

13

Assessment



Case study

Worksheets

Modular summative observation
Summative observation



Unit 5

Programme design and delivery for personal training

Learning outcomes The learner will:

1 Understand the principles of safe and effective personal training programme design

6 Understand the scope and professional boundaries of personal training older adults

2 Understand the principles of periodisation and how they can be used effectively to meet client goals and needs

7 Be able to design safe and effective personal training programmes and session plans

3 Know how to safely and effectively integrate the use of alternative environments into personal training sessions

8 Be able to provide a session introduction that prepares the client for exercise

4 Know the considerations for planning and delivering group personal training sessions

9 Be able to instruct safe and effective exercise technique

5 Understand the scope and professional boundaries of personal training pre and postnatal women



Unit 5

Planning and instructing gym-based exercise

Learning outcomes

The learner will:

1 Know how to plan a safe and effective gym-based exercise session

2 Be able to plan a safe and effective gym-based exercise session

3 Be able to deliver a safe and effective gym-based exercise programme

4 Be able to encourage clients to increase physical activity and exercise adherence

5 Be able to deliver a safe and effective gym-based induction to individuals and groups

6 Be able to evaluate own practice

Assessment:

Session plan

Summative observation

Modular summative observation

Self-evaluation



Unit 6

Professionalism and business acumen for personal trainers

Learning outcomes

The learner will:

1₀
Understand the professional and personal importance of continuing professional development (CPD)

1₁
Be able to plan and strategise to develop a successful personal training business

Assessment

Assignment



Unit 6

Professionalism and business acumen for personal trainers

Learning outcomes The learner will:

1 Understand the legal and professional requirements for personal training

2 Understand health and safety in the workplace

3 Understand the requirements of a self-employed individual

4 Understand the legal and professional requirements for the management of personal information and records

5 Understand marketing techniques and tactics

6 Understand how to close a sale

7 Understand how to set budgets and manage finances in a personal training business

8 Understand how to monitor and interpret business data from a range of current information technology (IT) applications

9 Understand how information technology (IT) applications are used to support effective business planning and delivery

