Level 2 Certificate in Gym Instructing Mapping Document

The aim of this document is to show centres how the current NCFE Level 2 Certificate in Fitness Instructing (Gym-Based Exercise) (500/8513/X/GYM) maps to the new NCFE Active IQ Level 2 Certificate in Gym Instructing (603/3931/7).

This document is intended only as a guide, and it is the responsibility of centre delivery staff to determine whether learners have fully met the standards of both versions of the qualification through recognised principles of assessment.

Anatomy and physiology for exercise (H/600/9013)

500/8513/X/GYM Learning Outcome 1	Assessment Criteria	L2 Certificate in Gym Instructing location
Understand the structure and function of the circulatory system	1.1 Identify the location of the heart	Unit 01 LO1 AC 1.1
	1.2 Describe the function of the heart	Unit 01 LO1 AC 1.1
	1.3 Describe the structure of the heart	Unit 01 LO1 AC 1.1
	1.4 Describe how blood moves through the four chambers of the heart	Unit 01 LO1 AC 1.2
	1.5 Describe systemic and pulmonary circulation	Unit 01 LO1 AC 1.3
	1.6 Describe the structure and functions of blood vessels	Unit 01 LO1 AC 1.4
	1.7 Define blood pressure	Unit 01 LO1 AC 1.5
	1.8 Identify blood pressure classifications	Unit 01 LO1 AC 1.6

500/8513/X/GYM Learning Outcome 2	Assessment Criteria	L2 Certificate in Gym Instructing location
Understand the structure and function of the respiratory system	2.1 Identify the location of the lungs	Unit 01 LO2 AC 2.1
	2.2 Describe the function of the lungs	Unit 01 LO2 AC 2.1
	2.3 Describe the structure of the lungs	Unit 01 LO2 AC 2.1
	2.4 Identify the main muscles involved in breathing	Unit 01 LO2 AC 2.2
	2.5 Describe the passage of air through the respiratory tract	Unit 01 LO2 AC 2.3
	2.6 Describe the process of gaseous exchange of oxygen and carbon dioxide in the lungs	Unit 01 LO2 AC 2.4
500/8513/X/GYM Learning Outcome 3	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand the structure and function of the skeleton	3.1 Describe the basic functions of the skeleton	Unit 01 LO3 AC 3.1
	3.2 Identify the structures of the axial skeleton	Unit 01 LO3 AC 3.2
	3.3 Identify the structures of the appendicular skeleton	Unit 01 LO3 AC 3.2
	3.4 Explain the classification of bones	Unit 01 LO3 AC 3.3
	3.5 Explain the structure of long bone	Unit 01 LO3 AC 3.4
	3.6 Explain the stages of bone growth	Unit 01 LO3 AC 3.5
	3.7 Describe posture in terms of: curves of the spine neutral spine alignment potential ranges of motion of the spine postural deviations to include kyphosis, lordosis, scoliosis and the effect of pregnancy	Unit 01 LO3 AC 3.6
500/8513/X/GYM Learning Outcome 4	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand joints in the skeleton	4.1 Describe the classification of joints	Unit 01 LO4 AC 4.1
	4.2 Describe the structure of synovial joints	Unit 01 LO4 AC 4.2
	4.3 Describe the types of synovial joints and their range of motion	Unit 01 LO4 AC 4.3

	4.4 Describe joint movement potential and joint actions	Unit 01 LO4 AC 4.4
500/8513/X/GYM Learning Outcome 5	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand the muscular system	5.1 Identify the three types of muscle tissue	Unit 01 LO5 AC 5.1
	5.2 Define the characteristics and functions of the three types of muscle tissue	Unit 01 LO5 AC 5.1
	5.3 Describe the basic structure of skeletal muscle	Unit 01 LO5 AC 5.2
	5.4 Name and locate the anterior skeletal muscles	Unit 01 LO5 AC 5.3
	5.5 Name and locate the posterior skeletal muscles	Unit 01 LO5 AC 5.3
	5.6 Describe the structure and function of the pelvic floor muscles	Unit 01 LO5 AC 5.4
	5.7 Describe the different types of muscle action	Unit 01 LO5 AC 5.5
	5.8 Identify the joint actions brought about by specific muscle group contractions	Unit 01 LO5 AC 5.6
	5.9 Identify skeletal muscle fibre types and their characteristics	Unit 01 LO5 AC 5.7

500/8513/X/GYM Learning Outcome 6	Assessment Criteria	L2 Certificate in Gym Instructing location
Understand the life course of the musculoskeletal system and its implications for special populations' exercise	6.1 Describe the life course of the musculoskeletal system, including relevant tendon, ligament, muscle, joint and bone mineral density changes, and their implications for exercise, plus specific implications for working with: young people in the 14-16 age range antenatal and postnatal women older people (50 plus)	Unit 01 LO6 AC 6.1
500/8513/X/GYM Learning Outcome 7	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand energy systems and their relation to exercise	7.1 Describe how carbohydrates, fats and proteins are used in the production of energy/adenosine triphosphate	Unit 01 LO7 AC 7.1
	7.2 Explain the use of the three energy systems during aerobic and anaerobic exercise	Unit 01 LO7 AC 7.2
500/8513/X/GYM Learning Outcome 8	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand the nervous system and its relation to exercise	8.1 Describe the role and functions of the nervous system	Unit 01 LO8 AC 8.1
	8.2 Describe the principles of muscle contraction	Unit 01 LO8 AC 8.2
	8.3 Describe the 'all or none law'/motor unit recruitment	Unit 01 LO8 AC 8.3
	8.4 Describe how exercise can enhance neuromuscular connections and improve motor fitness	Unit 01 LO8 AC 8.4

Know how to support clients who take part in exercise and physical activity (M/600/9015)

500/8513/X/GYM Learning Outcome 1	Assessment Criteria	L2 Certificate in Gym Instructing location
Understand how to form effective working relationships with clients	1.1 Explain why it's important to form effective working relationships with clients	Unit 02 LO2 AC 2.2
	1.2 Explain why it's important to present oneself and the organisation positively to clients	Unit 02 LO2 AC 2.4
	1.3 Describe how different communication skills can be used to assist clients with motivation	Unit 02 LO2 AC 2.2
	1.4 Explain the importance of valuing equality and diversity when working with clients	Unit 02 LO3 AC 3.2
500/8513/X/GYM Learning Outcome 2	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand how to address barriers to exercise/physical activity that clients experience	2.1 Identify the typical barriers to exercise/physical activity that clients experience	Unit 03 LO1 AC 1.6
	2.2 Explain how incorporating clients' exercise/physical activity preferences into their programme can strengthen motivation and adherence	Unit 04 LO1 AC 1.3
	2.3 Describe different incentives and rewards that can strengthen clients' motivation and adherence	Unit 03 LO3 AC 3.2
	2.4 Describe different strategies that can help clients overcome typical barriers to exercise/physical activity	Unit 03 LO3 AC 3.1-3.3

500/8513/X/GYM Learning Outcome 3	Assessment Criteria	L2 Certificate in Gym Instructing location
Understand how to support clients to adhere to exercise/physical activity	3.1 Explain why it is important for a client to take personal responsibility for their own fitness and motivation	Unit 03 LO3 AC 3.1
	3.2 Describe how to assist clients to develop their own strategy for motivation and adherence	Unit 03 LO3 AC 3.1-3.2
	3.3 Identify different behaviour change approaches/strategies to encourage adherence to exercise/physical activity	Unit 03 LO3 AC 3.1
	3.4 Describe how to set short, medium and long-term SMART (specific, measurable, achievable, realistic, timely) goals	Unit 05 LO1 AC 1.2
	3.5 Describe how to review and revise short, medium and long-term SMART goals	Unit 05 LO1 AC 1.2
500/8513/X/GYM Learning Outcome 4	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand how to provide ongoing customer service to clients	4.1 Explain the importance of client care both for the client and the organisation	Unit 02 LO2 AC 2.6
	4.2 Explain why it is important to deal with clients' needs to their satisfaction	Unit 02 LO2 AC 2.6
	4.3 Identify where to source relevant and appropriate information to meet clients' needs	Unit 02 LO3 AC 3.2
	4.4 Explain the importance of dealing with any delay in meeting clients' needs timely and effectively	Unit 02 LO4 AC 4.3
	4.5 Give examples of how to exceed customer expectations, when appropriate	Unit 02 LO4 AC 4.3
	4.6 Explain the importance of handling client complaints positively following an organisation's procedure	Unit 02 LO2 AC 2.5

Health, safety and welfare in a fitness environment (T/600/9016)

500/8513/X/GYM Learning Outcome 1	Assessment Criteria	L2 Certificate in Gym Instructing location
Understand emergency procedures in a fitness environment	1.1 Identify the types of emergencies that may occur in a fitness environment	Unit 02 LO6 AC 6.3
	1.2 Describe the roles that different staff and external services play during an emergency	Unit 02 LO6 AC 6.5
	1.3 Explain the importance of following emergency procedures calmly and correctly	Unit 02 LO6 AC 6.5
	1.4 Describe how to maintain the safety of people involved in typical emergencies, including children, older people and disabled people	Unit 02 LO6 AC 6.3-6.5
500/8513/X/GYM Learning Outcome 2	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand health and safety requirements in a fitness environment	2.1 Outline why health and safety is important in a fitness environment	Unit 02 LO5 AC 5.1
	2.2 Identify the legal and regulatory requirements for health and safety relevant to working in a fitness environment	Unit 02 LO5 AC 5.1
	2.3 Describe duty of care and professional role boundaries in relation to special population groups	Unit 02 LO5 AC 5.2
	2.4 Identify the typical roles of individuals responsible for health and safety in a fitness organisation	Unit 02 LO5 AC 5.2-5.7
	2.5 Describe the types of security procedures that may apply in a fitness environment	Unit 02 LO6 AC 6.2
	2.6 Describe the key health and safety documents that are relevant in a fitness environment	Unit 02 LO6 AC 6.2-6.4
500/8513/X/GYM Learning Outcome 3	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**

Understand how to control risks in a fitness environment	3.1 Identify possible hazards in a fitness environment, relating to: facilities equipment working practices, including lifting and handling of equipment client behaviour security hygiene	Unit 02 LO6 AC 6.3
	3.2 Describe how to risk-assess the types of possible hazards in a fitness environment	Unit 02 LO6 AC 6.3
	3.3 Describe how to control risks associated with hazards in a fitness environment	Unit 02 LO6 AC 6.3
	3.4 Identify the appropriate person/position to contact within a fitness organisation when hazards and risks cannot be controlled personally	Unit 02 LO6 AC 6.3
500/8513/X/GYM Learning Outcome 4	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand how to safeguard children and vulnerable adults	4.1 Describe what is meant by safeguarding the welfare of children and vulnerable adults	No coverage
	4.2 Describe the responsibilities and limitations of a fitness instructor in regard to safeguarding children and vulnerable adults	No coverage
	4.3 Identify the types of abuse which an instructor may encounter: physical, emotional, neglect, bullying and sexual	No coverage
	4.4 Identify possible signs of abuse: physical, emotional, neglect, bullying and sexual	No coverage
	4.5 Describe a fitness organisation's policies and procedures in relation to safeguarding children	No coverage

	and vulnerable adults, including typical reporting procedures	
	4.6 Describe the procedures to follow to protect oneself from accusations of abuse	No coverage
	4.7 Identify the statutory agencies responsible for safeguarding children and vulnerable adults	No coverage
	4.8 Explain when it may be necessary to contact statutory agencies	No coverage
	4.9 Describe how to maintain the confidentiality of information relating to possible abuse	No coverage

Principles of exercise, fitness and health (A/600/9017)

500/8513/X/GYM Learning Outcome 1	Assessment Criteria	L2 Certificate in Gym Instructing location
Understand the effects of exercise on the body	1.1 Describe cardiovascular and respiratory adaptations to endurance/aerobic training	Unit 03 LO1 AC 1.4
	1.2 Identify the short and long-term effects of exercise on blood pressure	Unit 03 LO2 AC 2.1, 2.2
	1.3 Describe the 'blood pooling' effect following exercise	No coverage
	1.4 Describe the effects of exercise on bones and joints, including the significance of weight-bearing exercise	Unit 03 LO2 AC 2.2
	1.5 Describe delayed onset of muscle soreness (DOMS)	Unit 01 LO7 (partial coverage)
	1.6 Identify exercises or techniques likely to cause delayed onset of muscle soreness	Unit 01 LO7 (partial coverage)
	1.7 Describe the short and long-term effects of different types of exercise on muscle	Unit 01 LO7 (partial coverage)
	1.8 Describe different exercises that can improve posture	Unit 03 LO1 AC1.4
500/8513/X/GYM Learning Outcome 2	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand the components of fitness	2.1 Define the components of health-related fitness	Unit 05 LO1 AC 1.3
	2.2 Define the components of skill-related fitness	Unit 05 LO1 AC 1.3
	2.3 Identify the factors that affect health and skill-related fitness	Unit 05 LO1 AC 1.3

500/8513/X/GYM Learning Outcome 3	Assessment Criteria	L2 Certificate in Gym Instructing location
Understand how to apply the principles and variables of fitness to an exercise programme	3.1 Describe the physiological implications of: specificity progressive overload reversibility adaptability individuality recovery time	Unit 05 LO1 AC 1.4
	3.2 Explain the principles of FITT (frequency, intensity, time and type)	Unit 05 LO1 AC 1.3
	3.3 Explain the principles of a progressive training programme in developing components of fitness	Unit 05 LO1 AC 1.4
	3.4 Explain how to recognise when and how to regress a training programme	Unit 05 LO1 AC 1.6
	3.5 Explain the principles of adaptation, modification and progression for each component of FITT (frequency, intensity, time and type)	Unit 03 LO1 AC 1.3
	3.6 Describe the effect of speed on posture, alignment and intensity	Unit 05 L01 AC 1.7
	3.7 Describe the effect of levers, gravity and resistance on exercise	No coverage
	3.8 Describe the differences between programming exercise for physical fitness and for health benefits	Unit 05 LO1 AC 1.5
500/8513/X/GYM Learning Outcome 4	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand the exercise contraindications and key safety guidelines for special populations	4.1 Describe the exercise contraindications and key safety guidelines for working with older people (50 plus)	Unit 01 LO6 AC 6.1 Unit 06 LO6 AC 6.2

	4.2 Describe the exercise contraindications and key safety guidelines for working with antenatal and postnatal clients	Unit 01 LO6 AC 6.1 Unit 06 LO6 AC 6.2
	4.3 Describe the exercise contraindications and key safety guidelines for working with young people (14-16)	Unit 01 LO6 AC 6.1 Unit 06 LO6 AC 6.2
	4.4 Describe the key safety considerations for working with disabled people	Unit 01 LO6 AC 6.1 Unit 06 LO6 AC 6.2
500/8513/X/GYM Learning Outcome 5	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand how to safely monitor exercise intensity	5.1 Describe the benefits and limitations of different methods of monitoring exercise intensity, including: • the talk test • Rate of Perceived Exertion (RPE) • heart rate monitoring and the use of different heart rate zones	Unit 05 LO2 AC 2.3
500/8513/X/GYM Learning Outcome 6	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand the health benefits of physical activity	6.1 Describe the health benefits of physical activity	Unit 03 LO1 AC 1.4
	6.2 Describe the effect of physical activity on the causes of certain diseases, including: coronary heart disease some cancers type 2 diabetes hypertension obesity osteoporosis	Unit 03 LO2 AC 2.2

500/8513/X/GYM Learning Outcome 7	Assessment Criteria	L2 Certificate in Gym Instructing location
Understand the importance of healthy eating	7.1 Describe the national food model/guide	Unit 03 LO1 AC 1.2
	7.2 Describe key healthy eating advice that underpins a healthy diet	Unit 03 LO1 AC 1.4
	7.3 Explain the importance of adequate hydration	Unit 03 LO1 AC 1.4 Unit 01 LO9 AC 9.5
	7.4 Explain professional role boundaries in relation to offering nutritional advice	Unit 03 LO2 AC 2.3 Unit 06 LO6 AC 6.2
	7.5 Explain the dietary role of the key nutrients	Unit 01 LO7 AC 7.1 Unit 01 LO9 AC 9.2
	7.6 Explain the common dietary sources of the key nutrients	No coverage
	7.7 Describe the energy balance equation	No coverage
	7.8 Explain the health risks of poor nutrition	Unit 03 LO1 AC1.1

Planning gym-based exercise (F/600/9018)

500/8513/X/GYM Learning Outcome 1	Assessment Criteria	L2 Certificate in Gym Instructing location
Understand how to collect client information to plan gym-based exercise	1.1 Explain the process of informed consent	Unit 04 LO2 AC 2.1
	1.2 Describe different methods to collect client information, including: questionnaire interview observation physical measurements	Unit 04 LO3 AC 3.1 Unit 04 LO2 AC 2.1
	1.3 Describe how to determine which method(s) of collecting information are appropriate according to the individual	Unit 04 LO3 AC 3.1 Unit 04 LO2 AC 2.1
	1.4 Explain the principles of screening clients prior to gym-based exercise, to include the use of the Physical Activity Readiness Questionnaire (PAR-Q)	Unit 04 LO2 AC 2.1
500/8513/X/GYM Learning Outcome 2	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand how to use client information to plan gym-based exercise	2.1 Describe the factors, based on client screening, which may affect safe exercise participation	Unit 05 LO2 AC 2.1
	2.2 Give examples of how client information affects the planning of gym-based exercise	Unit 05 LO3 AC 3.1
	2.3 Identify the reasons for temporary deferral of exercise	Unit 05 LO2 AC 2.1
	2.4 Explain the reasons for referring clients to other professionals	Unit 03 LO2 AC 2.4 Unit 04 LO2 AC 2.4
500/8513/X/GYM Learning Outcome 3	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Understand how to plan gym-based exercise with clients	3.1 Describe how to plan gym-based exercise to meet the needs of clients with different objectives	Unit 05 LO1 AC 1.1

	3.2 Explain why it is important to agree goals and objectives for gym-based exercise with clients	Unit 05 LO1 AC 1.2
	3.3 Identify a range of exercises for individual clients to develop: cardiovascular fitness muscular fitness flexibility motor skills	Unit 06 LO1 AC 1.2
	3.4 Identify a range of cardiovascular and resistance machines and their uses	Unit 06 LO1 AC 1.3
	3.5 Describe how to plan gym-based exercise using circuit formats	Unit 06 LO1 AC 1.2
500/8513/X/GYM Learning Outcome 4	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Be able to collect and use client information to plan a gym-based exercise programme	4.1 Use appropriate methods to collect information to plan a gym-based programme	Unit 05 LO3 AC 3.1
	4.2 Check the information is accurate and up-to-date	Unit 05 LO3 AC 3.1
	4.3 Identify client needs and potential and any possible risks from participation in a gym-based programme	Unit 05 LO3 AC 3.1
	4.4 Maintain client confidentiality	Unit 05 LO3 AC 3.1
500/8513/X/GYM Learning Outcome 5	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Be able to plan a safe and effective gym-based exercise programme with clients	5.1 Agree objectives with clients appropriate to: their needs and potential accepted good practice in the industry own level of competence	Unit 05 LO3 AC 3.2
	5.2 Select gym-based exercises that will help clients to develop: cardiovascular fitness muscular fitness flexibility	Unit 05 LO3 AC 3.4

	motor skills	
	5.3 Plan how to minimise any risks relevant to the programme	Unit 05 LO1 AC 1.10
	5.4 Plan realistic timings and sequences for exercise	Unit 05 LO3 AC 3.5
	5.5 Record programme plans in an appropriate format	Unit 05 LO3 AC 3.6

Instructing gym-based exercise (A/600/9020)

500/8513/X/GYM Learning Outcome 1	Assessment Criteria	L2 Certificate in Gym Instructing location
Understand how to provide gym-based exercise	1.1 Identify safe and effective alignment for a range of gym-based exercise positions to cover use of: cardiovascular machines resistance machines free weights	Unit 06 LO1 AC 1.3
	1.2 Identify different methods of adapting a gym-based exercise programme to ensure appropriate progression and/or regression	Unit 06 LO4 AC 4.4
	1.3 Describe how to develop client co-ordination by building exercises/movements up gradually	Unit 06 LO4 AC 4.4
	1.4 Describe the principles of behaviour management for group inductions	Unit 05 LO4 AC 4.3
500/8513/X/GYM Learning Outcome 2	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Be able to prepare self and equipment for gym-based exercise	2.1 Prepare self to supervise gym-based exercise	Unit 06 LO2 AC 2.1
	2.2 Select equipment for gym-based programmes as appropriate to client needs	Unit 06 LO2 AC 2.3
	2.3 Prepare the environment and equipment as appropriate to client needs	Unit 06 LO2 AC 2.2

500/8513/X/GYM Learning Outcome 3	Assessment Criteria	L2 Certificate in Gym Instructing location
Be able to prepare clients for gym-based exercise	3.1 Help clients feel welcome and at ease	Unit 06 LO2 AC 2.4
	3.2 Explain the purpose and value of the exercises, including warm-up and cool-down	Unit 06 LO1 AC 1.1-1.3
	3.3 Describe the exercises, including their physical and technical demands	Unit 06 LO1 AC 1.3
	3.4 Confirm or revise plans with clients as appropriate	Unit 06 LO4 AC 4.4
	3.5 Advise clients of the facility's emergency procedures	Unit 06 LO2 AC 2.4
	3.6 Use warm-up activities that are safe and effective for the clients	Unit 06 LO2 AC 2.2
500/8513/X/GYM Learning Outcome 4	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Be able to instruct gym-based exercise	4.1 Give explanations and demonstrations that are technically correct (with safe and effective alignment of exercise positions)	Unit 06 LO3 AC 3.3-3.4
	4.2 Communicate as appropriate to client needs and the environment	Unit 06 LO3 AC 3.4
500/8513/X/GYM Learning Outcome 5	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Be able to supervise clients undertaking gym-based exercise	5.1 Adopt appropriate positions to observe clients and respond to their needs	Unit 06 LO4 AC 4.1-4.2
	5.2 Monitor the safety and intensity of exercise	Unit 06 LO4 AC 4.2
	5.3 Provide feedback and instructing points which are timely, clear and motivational	Unit 06 LO4 AC 4.3
	5.4 Adapt exercises with suitable progressions and regressions according to client needs	Unit 06 LO4 AC 4.4

500/8513/X/GYM Learning Outcome 6	Assessment Criteria	L2 Certificate in Gym Instructing location
Be able to bring a gym-based exercise session to an end	6.1 Allow sufficient time to end the session according to clients' level of experience	Unit 06 LO4 AC 4.5
	6.2 Use cool-down activities that are safe and effective for the clients	Unit 06 LO4 AC 4.5
	6.3 Give the clients an accurate summary of feedback on the session	Unit 06 LO5 AC 5.1
	6.4 Give the clients the opportunity to: reflect on the session ask questions provide feedback identify further needs	Unit 06 LO5 AC 5.1, 5.2
	6.5 Make sure the clients understand how to continue their programme of gym-based exercise without direct supervision	Unit 06 LO5 AC 5.1-5.3
	6.6 Leave the environment in a condition acceptable for future use	Unit 06 LO4 AC 4.6
500/8513/X/GYM Learning Outcome 7	**Assessment Criteria**	**L2 Certificate in Gym Instructing location**
Be able to reflect on providing gym-based exercise	7.1 Review the outcomes of working with clients and client feedback	Unit 06 LO5 AC 5.1
	7.2 Identify: how well the exercises met client needs how effective and motivational the relationship with the client was how well the instructing style matched client needs	Unit 06 LO5 AC 5.1-5.3
	7.3 Identify how to improve personal practice	Unit 06 LO6 AC 6.4
	7.4 Explain the value of reflective practice	Unit 06 LO5 AC 6.3

500/8513/X/GYM Learning Outcome 8	Assessment Criteria	L2 Certificate in Gym Instructing location
Be able to support clients taking part in gym-based exercise	8.1 Present a positive image of self and organisation to clients	Unit 06 LO3 AC 3.6
	8.2 Establish an effective working relationship with clients	Unit 06 LO3 AC 3.5
	8.3 Communicate with clients in a way that makes them feel valued	Unit 06 LO3 AC 3.4
	8.4 Use motivational styles appropriate to the client and the exercise format	Unit 06 LO3 AC 3.4-3.6