Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 2 Certificate in Group Training**		
Qualification number (QN)	603/3363/7		
Total qualification time (TQT)	121	**Guided learning hours (GLH)**	78
Entry requirements	The course requires physical exertion, and individual participation is essential; therefore, a degree of physical fitness is necessary. There is an element of communication (discussing, presenting, reading and writing) involved, and learners should have basic skills in communication pitched at level 2. Some experience of group training classes is highly recommended.		

About this qualification

This qualification is designed to provide learners with the knowledge and skills needed to be able to plan, deliver and supervise safe and effective group training sessions.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve **four units** from the mandatory units and at least **one unit** from the optional units.

Mandatory units

Unit 01 Principles of anatomy, physiology and fitness (A/616/7499)
Unit 02 Professionalism for group training (D/617/1108)
Unit 03 Health and safety in a group training environment (H/617/1109)
Unit 04 Supporting behaviour change and healthy lifestyles (Y/617/1110)

Optional units

Unit 05 Planning and instructing group training sessions (D/617/1111)
Unit 06 Planning and instructing group training to music sessions (H/617/1112)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- further education:
- NCFE Active IQ Level 3 Diploma in Gym Instructing and Personal Training.

Endorsement

This qualification is mapped to the CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) Core Group Exercise Instructor Professional Standard.

Learners successfully completing this qualification will have met the requirements of the CIMSPA Core Group Exercise Instructor Professional Standard and can use the qualification as evidence when applying for the relevant CIMSPA professional status.

Contact us

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