Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 2 Award in Instructing Water-based Exercise**		
Qualification number (QN)	610/5184/6		
Total qualification time (TQT)	70	**Guided learning hours (GLH)**	28
Entry requirements	Learners must be aged 16 or over. This qualification is designed for qualified fitness instructors wishing to widen their skills to offer water-based exercise. Learners wishing to undertake this qualification should have achieved a suitable level 2 fitness instructing qualification, for example, gym instructing, group training or fitness coaching. Some experience of water-based exercise may be useful. 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. Entry is at the discretion of the centre.		

About this qualification

This qualification is designed to provide learners with the knowledge and skills to be able to plan, prepare and deliver safe and effective water-based exercise sessions. Learners are given an understanding of the principles of instructing water-based exercise, how the properties of water affect exercise and the additional health and safety requirements for delivering sessions in a water-based environment.

This qualification includes the essential knowledge and skills that are needed to meet the requirements of the physical activity sector's minimum standards for deployment.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve 1 unit.

Mandatory units

Unit 01 Planning and instructing water-based exercise (D/651/4282)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- employment:
  - water-based exercise instructor
- further education:
  - Level 2 Award in Instructing Circuit Training
  - Level 2 Award in Instructing Kettlebell Training
  - Level 2 Award in Instructing Studio Cycling
  - Level 3 Diploma in Personal Training
  - Level 3 Diploma in Sports Massage Therapy
  - apprenticeship in personal training.

Endorsement

This qualification is endorsed by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

Contact us

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