Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 2 Certificate in Fitness Coaching**		
Qualification number (QN)	610/5181/0		
Total qualification time (TQT)	197	**Guided learning hours (GLH)**	110
Entry requirements	Learners must be aged 16 or over. There are no specific prior skills/knowledge a learner must have for this qualification.		

About this qualification

This qualification is designed to provide learners with the knowledge and skills to pursue a career in fitness coaching. Learners are provided with an understanding of anatomy, physiology and nutrition and how they relate to exercise and fitness. Learners are also provided with the knowledge and skills to be able to plan, deliver and supervise safe and effective exercise programmes within a gym or health club environment.

This qualification has been designed in partnership with employers and covers the knowledge and skills identified in the industry as essential for the fitness coach role, covering the planning and instructing of safe and effective exercise sessions as well as conducting small group sessions and supporting clients' exercise adherence and a healthy lifestyle. The qualification also provides the learner with an understanding of professionalism, personal development and how to deliver exceptional customer service.

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 all 7 units from the mandatory units.

For centres and learners wishing to evidence full alignment with the CIMSPA Gym Instructor Professional Standard associated with this qualification, learners must also achieve the 1 optional unit (Unit 08).

Mandatory units

Unit 01 Anatomy and physiology for exercise (K/651/4230)
Unit 02 Principles of fitness training (L/651/4231)
Unit 03 Principles of nutrition and lifestyle (M/651/4232)
Unit 04 Health and safety in a fitness environment (R/651/4233)
Unit 05 Professionalism and customer care (T/651/4234)
Unit 06 Conducting client consultations (Y/651/4235)

Unit 07 Planning and delivering fitness sessions (A/651/4236)

Optional unit

Unit 08 Digestion, movement and gym induction (K/652/2188)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

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

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