

Open Awards Qualification Unit



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1 Unit Details

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| Unit Title: | Exercise and Fitness Instruction |
| Unique Reference Number: | A/506/7795 |
| Level: | Level 2 |
| Credit Value: | 10 |
| Minimum GLH: | 60 |

2 Learning Outcomes and Criteria

| Learning Outcome (The Learner will): | Assessment Criterion (The Learner can): |
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| 1. Know the principles of exercise session design and exercise programming | 1.1 Describe the principles of fitness training |
| | 1.2 Describe the health and safety issues an exercise instructor needs to consider for their clients |
| 2. Be able to plan an exercise programme | 2.1 Produce exercise programmes for three different types of client |
| 3. Be able to assist in instructing exercise sessions | 3.1 Assist in instructing induction, resistance training, cardiovascular training and circuit training sessions for selected clients |
| 4. Be able to undertake a review of exercise sessions | 4.1 Review three different exercise sessions identifying strengths, areas for improvement and personal development needs |