

Active Leisure and Learning

Instructing Exercise and Fitness NVQ/SVQ Level 2

Qualification Structure, Approved by PSAG November 2002

This NVQ/SVQ consists of three mandatory units and one optional pair of two units

Mandatory Units

1. C35 Deal with accidents and emergencies
2. D416 Evaluate coaching sessions and develop personal coaching practice
3. D417 Support participants in developing and maintaining fitness

Optional Units

Candidates should choose one of the following three optional pairings

Optional Pair A: Group exercise with music

4. D414 Plan and prepare a group exercise with music session
5. D415 Instruct a group exercise with music session

Optional Pair B: Gym-based exercise

6. D410 Plan and prepare a gym-based exercise session
7. D411 Instruct a gym-based exercise session

Optional Pair C: Water-based exercise

8. D412 Plan and prepare a water-based exercise session
9. D413 Instruct a water-based exercise session