

SkillsActive

National Occupational Standards

NVQ/SVQ Level 3 in Instructing Physical Activity and Exercise

This NVQ/SVQ consists of five mandatory units.

Mandatory Units

All candidates must successfully complete the following units:

- D437 Collect and analyse information to plan a progressive physical activity programme
- D438 Plan, review and adapt a progressive physical activity programme
- D439 Plan and instruct specific physical activities
- C313 Provide motivation and support to clients during a progressive physical activity programme
- A318 Manage, evaluate and improve own performance in providing physical activity

Additional Units

The following units are additional to the NVQ/SVQ in Level 3 Instructing Physical Activity and Exercise and do not need to be completed in order to achieve the qualification:

- D440 Apply the principles of nutrition and weight management to a progressive physical activity programme
- D441 Adapt a physical activity programme to the needs of older adults
- D442 Adapt a physical activity programme to the needs of disabled clients
- D443 Adapt a physical activity programme to the needs of pre- and post-natal clients
- D444 Integrate core stability and flexibility exercises into a physical activity programme
- D445 Design and implement a physical activity programme for children and young people
- D446 Adapt a physical activity programme to a specific sport
- D447 Plan and deliver personal training
- D449 Design, agree and adapt a physical activity programme with referred patients/ clients
- B224 Plan, market and sell services