

## Statement of Declared Purpose

<b>Awarding organisation name</b>	Active IQ
<b>Title of regulated qualification</b>	Active IQ Level 2 Diploma in Physical Activity, Fitness and Exercise Science
<b>Qualification level</b>	2
<b>Qualification accreditation number</b>	601/6041/X
<b>Qualification type</b>	Vocationally Related Qualification

### Qualification overview

The Active IQ Level 2 Diploma in Physical Activity, Fitness and Exercise Science aims to provide learners with the broad base of knowledge and skills to be able to work in a variety of customer-facing roles within the active leisure industry, including fitness instructing, customer service and leisure operations. It is intended as a Level 2 Technical Certificate as it has been designed to fulfil the required Department of Education characteristics for these types of qualifications.

### Who could do this qualification?

This qualification is designed for individuals as part of a college study programme. Individuals will study areas such as exercise and fitness knowledge, planning and instructing gym sessions, an introduction to leisure operations, customer service and managing personal and professional development. Learners can then choose to specialise in any of the optional unit groups. These include fitness and exercise, health and wellbeing, physical activity and leisure operations.

Learners must be 16+ years old. Whilst there are no other specific entry requirements an element of communication (discussing, presenting, reading and writing) is involved, and learners entering the programme should have basic skills in communication pitched at level 2. The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.

The qualification has therefore been designed for:

- Individuals who wish to work and/or seek employment as a fitness instructor.
- Individuals considering a career in active leisure.
- Individuals wishing to progress to further learning.

## What does the qualification cover?

During the qualification learners will cover the following:

- Anatomy, physiology and nutrition and how it relates to exercise and fitness.
- The roles and career pathways available in active leisure.
- How to plan and instruct safe and effective exercise and physical activity sessions.
- How to manage own personal and professional development.

## Qualification structure

To achieve this qualification, learners must complete all 6 mandatory units (45 credits) and a minimum of 20 credits from any of the optional units. (65 credits in total).

### Mandatory

Learners must complete all 6 mandatory units (45 credits).

Unit	Unit accreditation number	Level	Credits
1. Principles of anatomy, physiology and fitness	F/507/1217	2	12
2. Planning and instructing gym-based exercise	J/507/1218	2	16
3. Principles of customer care	L/507/1219	2	7
4. Working in active leisure facilities	J/507/1221	2	4
5. Health and safety in the workplace	L/507/1222	2	2
6. Managing personal and professional development	R/507/1223	2	4

### Optional

Learners must complete a minimum of 20 credits from any of the optional units.

The full list of optional units that make up the Diploma can be found: <https://www.activeiq.co.uk/qualifications/level-2/diploma-in-physical-activity-fitness-and-exercise-science>

## Employer engagement

As part of this qualification it is a mandatory requirement for learners to have access to meaningful employer engagement. This provides a clear 'line of sight' to work, enriches learning and raises the credibility of the qualification.

Employer engagement can be met in a variety of ways and can include for example one or more of the following:

- Structured work-experience or work-placements that develop skills and knowledge relevant to the qualification.
- Project(s) or exercises(s) set with input from industry practitioner(s).
- One or more units delivered or co-delivered by an industry practitioner(s). This could take the form of master classes or guest lectures.

## What could this qualification lead to?

Successful achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as an affiliate (exercise and fitness). Launched in 2011, CIMSPA is the professional development body for the UK's sport and physical activity sector. CIMSPA was awarded chartered status by the Privy Council, which came into effect at the beginning of January 2012. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector.

To read more about CIMSPA, please visit <https://www.cimspa.co.uk>

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential.

Learners will be able to progress to the following job role:

- Fitness Instructor.
- Leisure Assistant.

## Will the qualification support progression to further learning, and, if so, what?

The qualification is designed to offer entry to employment; however, learners can also progress onto the following qualifications and apprenticeship framework:

- Level 2 NVQ Diploma In Exercise and Fitness.
- Active IQ Level 3 Diploma in Physical Activity, Fitness and Exercise Science.
- Level 3 Diploma in Personal Training.
- Level 3 Diploma in Exercise Referral.
- Active IQ Level 3 Diploma in Instructing Pilates Matwork.
- Active IQ Level 3 Diploma in Teaching Yoga.

- Level 3 Diploma in Sports Massage Therapy.
- Intermediate Apprenticeship in Exercise and Fitness.
- Advanced Apprenticeship in Exercise and Fitness.

## Is this qualification available as an apprenticeship?

Yes, this qualification is available within the following apprenticeship frameworks:

- Intermediate Apprenticeship in Exercise and Fitness.

## Is this qualification eligible for an Advanced Learner Loan?

No, this qualification is not available within the Advanced Learner Loan catalogue.

## Similar qualifications

This qualification is not available in a larger or smaller version at this level.

## Who supports the qualification?

Support for the qualification has been provided by the following professional bodies:

- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).
- ukactive.

To read more about CIMSPA, please visit <http://www.cimspa.co.uk/>

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