



Active IQ Level 2 Certificate in Gym Instructing



Barton Peveril
Sixth Form College

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Active iQ
#beginwithbetter
www.activeiq.co.uk

INTRODUCTION

This qualification will provide learners with a combination of knowledge and skills to prescribe, plan and deliver safe and effective exercise programmes to a range of clients.

ENTRY REQUIREMENTS

There are no specific entry requirements.

QUALIFICATION STRUCTURE

The learner must complete the five mandatory units:

- Unit 1: Principles of anatomy, physiology and fitness (A/616/7499)
- Unit 2: Professionalism and customer care for fitness instructors (K/616/7501)
- Unit 3: Health and safety in the fitness environment (M/616/7502)
- Unit 4: Conducting client consultations to support positive behaviour change (A/616/7504)
- Unit 5: Planning and instructing gym-based exercise (F/616/7505)

CAREER PROGRESSION

- Active IQ Level 3 Diploma in Personal Training
- Active IQ Level 3 Diploma in Exercise Referral
- Active IQ Level 3 Award in Supporting Pre and Postnatal Clients with Exercise and Nutrition
- Active IQ Level 3 Award in Designing Exercise Programmes for Older Adults
- Active IQ Level 3 Award in Designing Exercise Programmes for Disabled Clients
- Active IQ Level 2 Award in Instructing Circuits
- Active IQ Level 2 Award in Instructing Kettlebells
- Active IQ Level 2 Award in Instructing Suspended Movement Training
- Active IQ Level 2 Certificate in Fitness Instructing (Group Exercise)
- Active IQ Level 2 Certificate in Promoting Community Health and Well-Being
- Active IQ Level 3 Award in Nutrition for Exercise and Health

HOURS		ACCREDITATIONS	
Guided learning hours:	40	Accreditation number:	603/2692/X
Total qualification time:	230		



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