



EXERCISE & FITNESS

Level 2, Apprenticeship Framework

ELIGIBILITY/ENTRY REQUIREMENTS

- Aged 16+ years.
- GCSE grades 3-9 in maths and English or equivalent.
- Passion and enthusiasm for working with a range of people in a variety of settings.

The Intermediate Level Apprenticeship in Exercise and Fitness is designed for those individuals who are looking to enter the Health and Fitness Sector and further develop their knowledge and skills in order to progress.

The Health and Fitness Industry is a large and important component of the active leisure, learning and well-being sector. This apprenticeship will give you the necessary knowledge and skills to prepare for, deliver and evaluate exercise sessions with a variety of healthy people.

APPRENTICESHIP REQUIREMENTS

Prepare for, deliver and evaluate exercise sessions with a variety of healthy people.



TYPICAL JOB ROLES IN THIS AREA INCLUDE:

Fitness Instructor/Gym Instructor, Recreation Assistant, Exercise (group) Instructor, Leisure Centre Assistant.

PROGRESSION ROUTE:

On completion of this Intermediate Level Apprenticeship, learners can progress onto a specialist role such as teaching exercise to children, or onto the Advanced Level Apprenticeship in Exercise and Fitness in order to specialise further to roles that require more greater technical knowledge and skills, such as Studio Coordinator, Assistant Manager etc.

KEY FACTS:

Delivery location	Workplace / Altrincham Campus.
Typical duration	12 months.
Study mode/frequency	Block learning supported with monthly one-to-one workplace visits.
Apprenticeship Standard	Upon completion the apprentice will receive: <ul style="list-style-type: none">• NVQ L2 in Exercise & Fitness• L2 Cert in Fitness Instructing or L2 Diploma in Health & Fitness• L2 Employment Awareness
Knowledge and skills	<ul style="list-style-type: none">• L2 Anatomy and Physiology• Principles of exercise, fitness and health• Promote health, safety and welfare in active leisure and recreation
Competency/skills or behaviours	<ul style="list-style-type: none">• Work with clients to help them adhere to exercise and physical activity• Reflect on and develop own practice in providing exercise and physical activity• Plan and prepare gym-based exercise• Instruct and supervise gym-based exercise
Functional Skills	Functional Skills will be required for English and maths at Level 1 or 2 if you have not already attained an equivalent qualification.
Assessment	The programme is assessed by on-going workplace visits which include observation, questioning and reflective accounts. You will also be assessed via an externally-set multiple choice question paper.

For further information contact **START** on **0161 886 7461** or email **start@tcg.ac.uk**
Stockport, Trafford, Apprenticeship, Recruitment Team