



The Park

YMCA Awards L2 Certificate in Fitness Instructing

June/July 2019

Provisional schedule

Anatomy and Physiology – Bones and Joints, muscles and muscle actions, energy systems, cardio respiratory system, nervous system, special populations
Principles of Fitness, Exercise and Health – effects of exercise on the body, nutrition for exercise, special populations
Health and Safety and emergency procedures
Supporting Clients and building relationships
Planning, preparing, delivering and evaluating a Gym based session
(Planning, preparing, delivering and evaluating a Circuit Training session)

Mondays and Thursdays 18.30 – 21.30

Bring your kit to every lesson as some of your learning will be practical

Assessment Days

	○ Topic	○ Tutor	○ Room
Thu 13 Jun	○ Course Manuals and Workbooks / Bones and Joints / Introduction to Gym	○ Les	○ Computer ○ Gym
Mon 17 Jun	○ Joints and Joint Actions Muscles Structure / Muscle Contractions	○ Les	○ Computer ○ Gym
Thu 20 Jun	○ Shoulder/Arm Muscle Movements	○	○
Sat 22 Jun 11:00 – 16:00	○ Abdominal and Leg Muscle Movements ○ Heart and Circulatory System	○ Les	○ Studio ○ Gym
Mon 24 Jun	○ Respiratory System ○ Energy Systems	○ Les	○ Computer ○ Gym
Thu 27 Jun	○ Nervous System ○ Mock Anatomy and Physiology Paper	○ Les	○ Computer ○ Gym
Sat 29 Jun 11:00 – 16:30	○ Muscular Strength and Endurance (theory) ○ Practical Teaching Exercises ○ Resistance, Free Weights, Body Weight Exercises	○ Les	○ Studio ○ Gym

Mon 1 Jul	<ul style="list-style-type: none"> ○ Cardiovascular Training 	○ Les	<ul style="list-style-type: none"> ○ Computer ○ Gym
Thu 4 Jul	<ul style="list-style-type: none"> ○ Anatomy and Physiology Exam ○ Practical Teaching 	○ Les	<ul style="list-style-type: none"> ○ Computer ○ Gym
Mon 8 Jul	<ul style="list-style-type: none"> ○ Principles of Training ○ Goal setting/barriers/ ○ Special Populations 	○ Les	○ Computer
Thu 11 Jul	<ul style="list-style-type: none"> ○ Warm up and Cool down/ ○ Motor Skills ○ Flexibility Training (practical) 	○ Les	<ul style="list-style-type: none"> ○ Computer ○ Gym
Sat 13 Jul 11:00 – 16:00	<ul style="list-style-type: none"> ○ Nutrition and Weight Management ○ Lesson Planning ○ Principles of Fitness Mock Paper 	○ Les	○ Studio
Mon 15 Jul	<ul style="list-style-type: none"> ○ Supporting Clients and Health and Safety in a Fitness Environment 	○ Les	○ Computer
Thu 18 Jul	<ul style="list-style-type: none"> ○ Principles of Fitness Theory Paper ○ Preparing Lesson Plans 	○ Les	<ul style="list-style-type: none"> ○ Computer ○ Gym
Sat 20 Jul 11:00 – 14:00	<ul style="list-style-type: none"> ○ Teaching Practice 	○ Les	○ Gym
Mon 22 Jul	<ul style="list-style-type: none"> ○ Continuous Gym Assessments ○ Teaching Practice 	○ Les	○ Gym
Thu 25 Jul	<ul style="list-style-type: none"> ○ Continuous/Summative Gym Assessments 	○ Les	○ Gym
Sat 27 Jul 11:00 – 16:00	<ul style="list-style-type: none"> ○ Summative Gym Assessments 	○ Les	○ Gym

- **Learners are required to attend all lessons and must do a minimum of six hours of theory and practical revision after each lesson.**

Assessment Criteria

Anatomy and Physiology and Principles of Exercise and Health

- Multiple choice papers (Pass 28/40) – online assessment

Supporting Clients/Health and Safety

- Online open book assessment

Planning and Teaching Exercise

- Worksheets and Planning tasks – all answers must be correct

Gym Practical

- Exercise Programme card
- Continuous Assessment
- Session Overview Sheet
- Final (Summative) Assessment
- Evaluation of Lesson

You need to bring one person with you for your Summative Gym assessment

You will receive the following resources:

Mandatory Units Manual

Gym Instructing Manual

Fitness Instructing Learner Assessment Record (electronically)

Access to YMCA Awards learner resources