YMCA Awards L2 Certificate in Fitness Instructing

January – March 2018

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)

Course Timetable
Mondays and Thursdays 6.30pm – 9.30pm Saturdays 11am – 5pm
Bring your kit to every lesson as some of your learning will be practical

Assessment Days

	Topic	Tutor	Room
Mon 22 Jan	Course Manuals and Workbooks / Bones and Joints / Introduction to Gym	Les	Lecture Gym
Thu 25 Jan	Joints and Joint Actions Muscles Structure / Muscle Contractions	Les	Lecture Gym
Sat 27 Jan	Main Muscles Muscle Actions	Les	Lecture Gym
Sat 27 Jan	Energy Systems Heart and Lungs	Les	Lecture Gym
Mon 29 Jan	Circulatory System Nervous System	Les	Lecture Gym
Thu 1 Feb	Mock Anatomy and Physiology Paper Muscular Strength and Endurance Training (practical)	Les	Lecture Gym
Mon 5 Feb	Anatomy and Physiology Exam Cardiovascular Training	Les	Computer Gym
Thu 8 Feb	Practical Teaching Exercises Resistance, Free Weights, Body Weight Exercises	Les	Lecture Gym
Sat 10 Feb	Principles of Training	Les	Lecture

	○ Goal setting/barriers/ ○ Special Populations		
Sat 10 Feb	○ Warm up and Cool down/ ○ Motor Skills ○ Flexibility Training (practical)	○ Les	○ Lecture ○ Gym
Mon 12 Feb	○ Nutrition and Weight Management ○ Lesson Planning ○ Principles of Fitness Mock Paper	○ Les	○ Lecture
Thu 15 Feb	○ Supporting Clients and Health and Safety and Instructing Fitness Worksheets	○ Les	○ Lecture
Mon 19 Feb	○ Principles of Fitness Theory Paper ○ Preparing Lesson Plans	○ Les	○ Computer ○ Gym
Thu 22 Feb	○ Teaching Practice	○ Les	○ Gym
Sat 24 Feb	○ Continuous Gym Assessments ○ Teaching Practice	○ Les	○ Gym
Sat 3 Mar	○ Summative Gym Assessments	○ Les/Holly Jeff	○ Gym

- **You are required to do a <u>minimum</u> of three hours' revision and practical study after each lesson**

Students are required to attend all relevant lessons to ensure you have enough Guided Learning Hours.

Circuit Training Dates

Theory and Practical – Saturday 17th March 11:00 – 4:00pm

Circuits Assessments – Saturday 24th March 11.00am – 4.00pm

Assessment Criteria

Anatomy and Physiology, Principles of Exercise and Health

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

Supporting Clients/Health and Safety

- Workbooks – all answers must be correct, marked internally

Planning and Teaching Exercise

- Workbooks – all answers must be correct, marked internally

Gym Practical

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

Circuits Practical

- Lesson Plan – marked internally
- Teaching – observed internally
- Evaluation of Lesson – marked internally

You need to bring one person with you for your Summative Gym assessment
You need to bring two people as participants for your Circuits assessment

As part of your course you will receive the following study materials:

- Mandatory Units Manual
- Gym Instructing Manual
- Mandatory Units Workbook (electronically)
- Fitness Instructing (Gym) Workbook Record (electronically)
- Circuit Training Workbook (electronically)
- Access to worksheets (online)