



YMCA Awards L2 Certificate in Fitness Instructing

January – March 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
Mon 14 Jan	○ Course Manuals and Workbooks / ○ Bones and Joints / Introduction to ○ Gym	○ Les	○ Lecture ○ Gym
Thu 17 Jan	○ Joints and Joint Actions Muscles ○ Structure / Muscle Contractions	○ Les	○ Lecture ○ Gym
Sat 19 Jan 11:00 – 16:00	○ Main Muscles ○ Muscle Actions	○ Les	○ Lecture ○ Gym
Mon 21 Jan	○ Energy Systems ○ Heart and Lungs	○ Les	○ Lecture ○ Gym
Thu 24 Jan	○ Circulatory System ○ Nervous System	○ Les	○ Lecture ○ Gym
Sat 26 Jan 10:00 – 12:30	○ Mock Anatomy and Physiology ○ Paper ○ Muscular Strength and Endurance ○ Training (theory)	○ Les	○ Lecture ○ Gym
Sat 26 Jan 12:30 – 16:30	○ Practical Teaching Exercises ○ Resistance, Free Weights, Body ○ Weight Exercises	○ Les	○ Gym
Mon 28 Jan	○ Cardiovascular Training	○ Les	○ Lecture

Thu 31 Jan	<ul style="list-style-type: none"> ○ Anatomy and Physiology Exam ○ 	○ Les	<ul style="list-style-type: none"> ○ Computer ○ Gym
Thu 7 Feb	<ul style="list-style-type: none"> ○ Principles of Training ○ Goal setting/barriers/ ○ Special Populations 	○ Les	○ Lecture
Mon 11 Feb	<ul style="list-style-type: none"> ○ Warm up and Cool down/ ○ Motor Skills ○ Flexibility Training (practical) 	○ Les	<ul style="list-style-type: none"> ○ Lecture ○ Gym
Thu 14 Feb	<ul style="list-style-type: none"> ○ Nutrition and Weight Management ○ Lesson Planning ○ Principles of Fitness Mock Paper 	○ Les	○ Lecture
Sat 16 Feb 11:00 – 13:00	○ Supporting Clients and Health and Safety in a Fitness Environment	○ Les	○ Lecture
Sat 16 Feb 13:00 – 16:00	<ul style="list-style-type: none"> ○ Principles of Fitness Theory Paper ○ Preparing Lesson Plans 	○ Les	<ul style="list-style-type: none"> ○ Computer ○ Gym
Mon 18 Feb	○ Teaching Practice	○ Les	○ Gym
Thu 21 Feb	○ Teaching Practice	○ Les	○ Gym
Sat 23 Feb 10:00 – 16:00	<ul style="list-style-type: none"> ○ Continuous Gym Assessments ○ Teaching Practice 	○ Les	○ Gym
Mon 25 Mar	○ Continuous/Summative Gym Assessments	<ul style="list-style-type: none"> ○ Les/ ○ Jeff 	○ Gym
Thu 28 Feb	○ Continuous/Summative Gym Assessments	<ul style="list-style-type: none"> ○ Les/ ○ Jeff 	○ Gym
Sat 02 Mar 11:00 – 16:00	○ Continuous/Summative Gym Assessments	<ul style="list-style-type: none"> ○ Les/ ○ Jeff 	○ Gym

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

Circuit Training Dates

Theory and Practical – Thursday 7th March 18:30 – 21:30

Practical – Saturday 9th March 11.00 – 14.00

Circuits Assessments – Thursday 14th March 18:30 – 21:30

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

Circuits Practical

- Lesson Plan
- Teaching
- Evaluation of Lesson

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

You will receive the following resources:

Mandatory Units Manual

Gym Instructing Manual

Fitness Instructing Learner Assessment Record (electronically)

Circuit Training Learner Assessment Record (electronically)

Access to YMCA Awards learner resources