



## YMCA Awards L2 Certificate in Fitness Instructing

**June – July 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**

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

Assessment Days

	○ <b>Topic</b>	○ <b>Tutor</b>	○ <b>Room</b>
Thu 7 <sup>th</sup> Jun	○ Course Manuals and Workbooks / Bones and Joints / Introduction to Gym	○ Les	○ Lecture ○ Gym
<b>Sat 9<sup>th</sup> Jun 11:00 – 14:30</b>	○ Joints and Joint Actions Muscles Structure / Muscle Contractions	○ Les	○ Lecture ○ Gym
Mon 11 <sup>th</sup> Jun	○ Main Muscles ○ Muscle Actions	○ Les	○ Lecture ○ Gym
Thu 14 <sup>th</sup> Jun	○ Energy Systems ○ Heart and Lungs	○ Les	○ Lecture ○ Gym
Mon 18 <sup>th</sup> Jun	○ Circulatory System ○ Nervous System	○ Les	○ Lecture ○ Gym
Thu 21 <sup>st</sup> Jun	○ Mock Anatomy and Physiology Paper ○ Muscular Strength and Endurance Training (practical)	○ Les	○ Lecture ○ Gym
<b>Sat 23<sup>rd</sup> Jun 11:00 – 12:00</b>	○ Anatomy and Physiology Exam ○ Cardiovascular Training	○ Les	○ Computer ○ Gym
Sat 23 <sup>rd</sup> Jun 12:00 – 16:00	○ Cardiovascular Training ○ Practical Teaching Exercises	○ Les	○ Lecture ○ Gym

	<ul style="list-style-type: none"> <li>○ Resistance, Free Weights, Body Weight Exercises</li> </ul>		
Mon 25 <sup>th</sup> Jun	<ul style="list-style-type: none"> <li>○ Principles of Training</li> <li>○ Goal setting/barriers/</li> <li>○ Special Populations</li> </ul>	○ Les	○ Lecture
Thu 28 <sup>th</sup> Jun	<ul style="list-style-type: none"> <li>○ Warm up and Cool down/</li> <li>○ Motor Skills</li> <li>○ Flexibility Training (practical)</li> </ul>	○ Les	<ul style="list-style-type: none"> <li>○ Lecture</li> <li>○ Gym</li> </ul>
Thu 5 <sup>th</sup> Jul	<ul style="list-style-type: none"> <li>○ Nutrition and Weight Management</li> </ul>	○ Les	○ Lecture
Sat 7 <sup>th</sup> Jul 11:00 – 15:00	<ul style="list-style-type: none"> <li>○ Lesson Planning</li> <li>○ Principles of Fitness Mock Paper Supporting Clients and Health and Safety and Instructing Fitness Worksheets</li> </ul>	○ Les	○ Lecture
Mon 9 <sup>th</sup> Jul	<ul style="list-style-type: none"> <li>○ Principles of Fitness Theory Paper</li> <li>○ Preparing Lesson Plans</li> </ul>	○ Les	<ul style="list-style-type: none"> <li>○ Computer</li> <li>○ Gym</li> </ul>
Thu 12 <sup>th</sup> Jul	<ul style="list-style-type: none"> <li>○ Teaching Practice</li> </ul>	○ Les	○ Gym
Sat 14 <sup>th</sup> Jul 11:00 – 15:00	<ul style="list-style-type: none"> <li>○ Continuous Gym Assessments</li> <li>○ Teaching Practice</li> </ul>	○ Les	○ Gym
Mon 16 <sup>th</sup> Jul	<ul style="list-style-type: none"> <li>○ Teaching Practice</li> <li>○ Lesson Plans</li> </ul>	○ Les	○ Gym
Sat 21 <sup>st</sup> Jul 11:00 – 15:00	<ul style="list-style-type: none"> <li>○ Summative Gym Assessments</li> </ul>	○ Les/Holly Jeff	○ Gym

- **You are required to do three hours revision and 3 hours practical training study after each lesson**

### **Circuit Training Dates**

**Theory and Practical – Saturday 28<sup>th</sup> July 11:00 – 16:00pm**

**Circuits Assessments – Saturday 4<sup>th</sup> August March 11.00am – 14.00pm**

## 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 worksheets – all answers must be correct, online assessment

### 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**

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

- Mandatory Units Manual
- Fitness Instructing - Gym Manual
- Fitness Instructing - Gym Workbook (electronically)