



CYQ Level 2 Certificate in Fitness Instructing and BTEC Nationals in Sport

Briefing for staff and colleagues

Edexcel, the UK's largest awarding body, and Central YMCA Qualifications (CYQ), the UK's leading Health and Fitness specialist awarding body, are delighted to announce further developments to their working partnership.

Now learners undertaking the BTEC Nationals in Sport can put much of their achievement towards the CYQ Level 2 Certificate in Fitness Instructing. In addition CYQ learners will also be able to use their knowledge assessment as evidence towards the BTEC Nationals.

In essence learners undertaking an Edexcel Level 3 BTEC National in Sport who achieve Passes in the right combination of units may only have to complete the 'practical assessment' (Unit 03, 04 or 05) to achieve the the CYQ Level 2 Certificate in Fitness Instructing; they can by default complete the required 'learning and assessment' for Units 01 and 02 of the CYQ Level 2 Certificate, and this will be recognised by CYQ.

In addition the teaching, learning and assessment of BTEC Nationals may also help prepare learners for the required practical assessment of Unit 03, 04 or 05.

The extent of the possibilities, and links, are dependent upon the combination of units undertaken.

The links between the units of the BTEC Nationals in Sport and the units of the CYQ Level 2 Certificate are:

- CYQ Unit 01: Exercise and Fitness Knowledge; Units 1, 3, 6, 10, 13, 14 and 15 of the BTEC Nationals in Sport
- CYQ Unit 02: Health, Safety and Professionalism in Exercise and Fitness Instruction; Units 2, 3, 6, 11, 13, 14, 17, 24 and 25 of the BTEC Nationals in Sport

In addition, if some activities undertaken for BTEC units are appropriately tailored they can either meet the practical assessment, or prepare learners for the practical assessment, of the CYQ Level 2 Certificate.

What this means is that:

- learners undertaking a BTEC National Diploma in Sport (Development, Coaching and Fitness) or Sport (Performance and Excellence) will have the opportunity to cover all of the learning for both Unit 01 and Unit 02 of the CYQ Level 2 Certificate in Fitness Instructing, and therefore may not have to complete the assessment for the unit(s).
- learners undertaking a BTEC National Certificate in Sport (Development, Coaching and Fitness) will have the opportunity to cover all of the learning for Unit 01 of the CYQ Level 2 Certificate in Fitness Instructing and therefore may not have to complete the assessment for the unit.
- learners undertaking a BTEC National Certificate in Sport (Performance and Excellence) will have the opportunity to cover a significant proportion of the learning for Units 01 and 02 of the CYQ Level 2 Certificate in Fitness Instructing, but there will be gaps, and therefore they will still have to complete the appropriate assessments for the units.
- learners undertaking a BTEC National Award in Sport will have the opportunity to cover a significant proportion of the learning for Units 01 and 02 of the CYQ Level 2 Certificate in Fitness Instructing, but there will be gaps, and therefore they will still have to complete the appropriate assessments for the units.

Where there are gaps (for example if the learner is doing the smaller BTEC qualifications, or a combination of units that doesn't include all of those stated), additional work may be required. Additional evidence must be produced using the appropriate CYQ 'worksheets', from the published syllabus for the CYQ Level 2 Certificate.

Furthermore, completed work-books and worksheets for the CYQ Level 2 Certificate can be used as evidence in the portfolios of learners doing the BTEC Nationals in Sport, or Sport and Exercise Sciences.



Suggested unit combinations:

As stated previously, learners undertaking an Edexcel Level 3 BTEC National in Sport, who achieve Passes in the right combination of units, may only have to complete the 'practical assessment' of the CYQ Level 2 Certificate in Fitness Instructing to achieve the qualification.

They can, by default, have completed the required 'learning and assessment' for Units 01 and 02 of the L2 Certificate, which will be recognised by CYQ.

Edexcel Level 3 BTEC National Award in Sport. Learners must complete Units 1, 2 and 3, plus three more units.

- Selecting Units 6, 11, and 13 gives the most coverage possible, but leaves gaps.

Edexcel Level 3 BTEC National Award in Sport (Performance and Excellence). Learners must complete Units 1, 2 and 3, plus three more units.

- Selecting three units that include Units 6 and 10 gives the most coverage possible, but leaves gaps.

Edexcel Level 3 BTEC National Certificate in Sport (Development, Coaching and Fitness). Learners must complete Units 1, 2, 3, 4, 5 and 6, one of Units 7 or 8, plus five more units.

- Selecting five units that include Units 10, 13, 14 and 15 (centres can use Meeting Local Needs to import Unit 15) gives complete coverage of Unit 01.
- Selecting five of Units 11, 13, 14, 17, 24 and 25 gives the most coverage of Unit 02 possible, however there will be gaps.

Edexcel Level 3 BTEC National Certificate in Sport (Performance and Excellence). Learners must complete Units 1, 2, 3, 6, 10, 16, 26, 27 plus six more units.

- Selecting six units that include five of Units 11, 13, 14, 17, 24 and 25 gives the most coverage of Unit 02 possible, however there will be gaps (centres can use Meeting Local Needs to import two of Units 13, 14 and 24).

Edexcel Level 3 BTEC National Certificate in Sport (Outdoor Adventure). There are limited links due to the specific focus of this qualification.

Edexcel Level 3 BTEC National Diploma in Sport (Development, Coaching and Fitness). Learners must complete Units 1, 2, 3, 4, 5 and 6, one of Units 7 or 8, plus eleven more units.

- Selecting eleven units that include Units 10, 13, 14 and 15 gives complete coverage of Unit 01.
- Selecting eleven units that include Units 11, 13, 14, 17, 24 and 25 gives complete coverage of Unit 02.
- Selecting eleven units that include Units 10, 11, 13, 14, 15, 17, 24 and 25 gives complete coverage of Units 01 and 02.

Edexcel Level 3 BTEC National Diploma in Sport (Performance and Excellence). Learners must complete Units 1, 2, 3, 6, 10, 16, 26, 27 plus ten more units.

- Selecting ten units that include Units 13, 14 and 15 gives complete coverage of Unit 01 (centres can use Meeting Local Needs to import Unit 15).
- Selecting ten units that include Units 11, 13, 14, 17, 24 and 25 gives complete coverage of Unit 02.
- Selecting ten units that include Units 11, 13, 14, 15, 17, 24 and 25 gives complete coverage of Units 01 and 02 (centres can use Meeting Local Needs to import Unit 15).

Edexcel Level 3 BTEC National Diploma in Sport (Outdoor Adventure). There are limited links due to the specific focus of this qualification.

Full structural summaries of the CYQ Level 2 Certificate in Fitness Instructing, and the BTEC Nationals in Sport can be found at the end of this document.



Links between units:

Edexcel Level 3 BTEC Nationals in Sport	
BTEC Units	Links to CYQ units
Unit 1: The Body in Action	Unit 01: Outcomes 1, 2, 3, 4, 5 and 6
Unit 2: Health and Safety in Sport	Unit 02: Outcomes 1, 2 and 5
Unit 3: Training and Fitness for Sport	Unit 01: Outcomes 1 and 4 Unit 02: Outcome 11
Unit 6: Fitness Testing for Sport and Exercise	Unit 01: Outcomes 2 and 6 Unit 02: Outcome 4
Unit 10: Sports Nutrition	Unit 01: Outcomes 1, 3 and 6
Unit 11: Sport and Society	Unit 02: Outcome 7
Unit 13: Exercise, Health and Lifestyle	Unit 01: Outcome 1 Unit 02: Outcomes 10 and 11
Unit 14: Instructing Physical Activity and Exercise	Unit 01: Outcomes 1 and 2 Unit 02: Outcomes 2, 3, 4, 6, 7, 9 and 10
Unit 15: Exercise for Specific Groups	Unit 01: Outcome 7
Unit 17: Sports Injuries	Unit 02: Outcome 5
Unit 24: Sport as a Business	Unit 02: Outcome 9
Unit 25: Work-based Experience in Sport	Unit 02: Outcomes 8 and 9



Structure of the CYQ Level 2 Certificate in Fitness Instructing:

- Unit 01: Exercise and Fitness Knowledge
- Unit 02: Health, Safety and Professionalism in Exercise and Fitness Instruction
- Unit 03: Instructing Gym Based exercise
- Unit 04: Instructing Exercise to Music
- Unit 05: Instructing Water Based Exercise

Learners must complete Units 01 and 02, plus one of Units 03, 04 or 05, to contextualise the qualification.

Structure of the Edexcel Level 3 BTEC Nationals in Sport:

Edexcel Level 3 BTEC National Award in Sport

Learners must complete Units 1, 2 and 3, plus three more units from 4, 5, 6, 7, 8, 9, 11, 12, 13, 23, 25, 28

Edexcel Level 3 BTEC National Award in Sport (Performance and Excellence)

Learners must complete Units 1, 2 and 3, plus three more units from 6, 10, 16, 26, 27

Edexcel Level 3 BTEC National Certificate in Sport (Development, Coaching and Fitness)

Learners must complete Units 1, 2, 3, 4, 5 and 6, one of Units 7 or 8, plus five more units from 9, 10, 11, 12, 13, 14, 16, 17, 20, 21, 23, 24, 25

Edexcel Level 3 BTEC National Certificate in Sport (Performance and Excellence)

Learners must complete Units 1, 2, 3, 6, 10, 16, 26, 27 plus 6 more units from 4, 11, 17, 18, 20, 21, 25

Edexcel Level 3 BTEC National Certificate in Sport (Outdoor Adventure)

Learners must complete Units 1, 2, 3, 12, 28 and 29 plus 6 more units from 11, 17, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 26, 37

Edexcel Level 3 BTEC National Diploma in Sport (Development, Coaching and Fitness)

Learners must complete Units 1, 2, 3, 4, 5 and 6, one of Units 7 or 8, plus 11 more units from 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25

Edexcel Level 3 BTEC National Diploma in Sport (Performance and Excellence)

Learners must complete Units 1, 2, 3, 6, 10, 16, 26, 27 plus 10 more units from 4, 11, 13, 14, 17, 18, 19, 20, 21, 22, 23, 24, 25

Edexcel Level 3 BTEC National Diploma in Sport (Outdoor Adventure)

Learners must complete Units 1, 2, 3, 12, 28 and 29 plus 12 more units from 4, 10, 11, 13, 17, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 26, 37