



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

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 a working partnership.

Learners undertaking the BTEC Nationals in Sport and Exercise Sciences can now put much of their achievement towards the CYQ Level 2 Certificate in Fitness Instructing. CYQ candidates will also be able to use their knowledge assessment as evidence towards the BTEC Nationals.

In essence learners undertaking the Edexcel Level 3 BTEC Nationals in Sport and Exercise Sciences who achieve Passes in the right combination of units will only have to complete the 'practical assessment' of the CYQ Level 2 Certificate in Fitness Instructing to complete that qualification; they will by default have achieved the learning for the L2 Certificate, and won't have to do the multi-choice test. In addition the BTEC Nationals will also help prepare learners for the practical assessment.

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

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

- *CYQ Unit 1: Exercise and Fitness Knowledge*; Units 1, 2, 7, 9, 12, 14, 21 and 22 of the BTEC Nationals
- *CYQ Unit 2: Health, Safety and Professionalism in Exercise and Fitness Instruction*; Units 8, 13, 15 and 23 of the BTEC Nationals

in addition, if some activities undertaken in the units are appropriately tailored they can either meet the practical assessment, or prepare learners for the practical assessment, for Unit 3 of the CYQ Level 2 Certificate.

What this means is that:

- learners on a BTEC National Diploma in Sport and Exercise Sciences programme can cover everything that Units 1 and 2 of the CYQ Level 2 Certificate in Fitness Instructing require
- learners on a BTEC National Certificate in Sport and Exercise Sciences programme can cover most of the requirements for Units 1 and 2 of the CYQ Level 2 Certificate in Fitness Instructing, leaving some gaps
- learners on a BTEC National Award in Sport and Exercise Sciences programme will cover a significant proportion of the requirements for Unit 1 of the CYQ Level 2 Certificate in Fitness Instructing, but there will be gaps, and there will be little coverage of Unit 2.

Where there are gaps (if the learner is doing the smaller BTEC qualifications for example), additional work will be required.

If unit combinations, according to learner choice or centre offer, do not include one of the units of the suggested combination then evidence to cover the content of the CYQ Level 2 Certificate not covered (see unit and component links) must be produced using the appropriate CYQ 'worksheets', from the published syllabus for the CYQ Level 2 Certificate.

In reverse, completed work-books for the CYQ Level 2 Certificate could be kept and used as evidence in the portfolios of learners doing the BTEC Nationals in Sport and Exercise Sciences, or Sport; further guidance will be created shortly to assist with this.



Suggested unit combinations:

Edexcel Level 3 BTEC National Diploma in Sport and Exercise Sciences	
Core units – all six units must be taken	CYQ unit and component links
Unit 1: Anatomy for Sport and Exercise	Unit 1: 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.4, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 6.7
Unit 2: Sport and Exercise Physiology	Unit 1: 1.2, 2.6, 2.8, 2.9, 3.3, 3.5, 4.5, 6.1, 6.2, 6.5, 6.6
Unit 3: Sport and Exercise Psychology	
Unit 4: Research Methods for Sport and Exercise Sciences	
Unit 5: Research Project in Sport and Exercise Sciences	
Unit 6: Sports Biomechanics in Action	
Specialist units – twelve units must be taken	CYQ unit and component links
Unit 7: Exercise, Health and Lifestyle	Unit 1: 1.2, 1.3, 1.4 Unit 2: 10.1, 10.2, 11.1, 11.3
Unit 8: Fitness Testing for Sport and Exercise	Unit 2: 4.3, 4.4, 4.5
Unit 9: Training and Fitness for Sport	Unit 1: 1.1, 1.2, 1.4, 2.7, 2.9 Unit 2: 11.2
Unit 10: Sport and Exercise Massage	
Unit 12: Sports Nutrition	Unit 1: 1.1, 3.3, 6.2, 6.3, 6.4
Unit 13: Sport and Society	Unit 2 : 7.1
Unit 14: Instructing Physical Activity and Exercise	Unit 1: 1.2, 1.4 Unit 2: 2.1, 2.2, 3.1, 3.2, 4.1, 4.2, 6.1, 6.2, 7.2, 9.1, 9.2, 9.4, 10.3
Unit 15: Sports Injuries	Unit 2: 5.1, 5.2, 5.3, 5.4, 5.5
Unit 17: Practical Individual Sports*	
Unit 18: Practical Team Sports*	
Unit 19: Outdoor and Adventurous Activities*	
Unit 21: Applied Sport and Exercise Physiology	Unit 1: 1.3, 3.3 Unit 2: 8.1
Unit 22: Exercise for Specific Groups	Unit 1: 7.1, 7.2, 7.3, 7.4**
Unit 23: Work-based Experience in Sport	Unit 2: 8.1

*Learners may only select one of these three units.

BTEC National Diploma in Sport and Exercise Sciences learners have to take core units 1, 2, 3, 4, 5 and 6, plus 12 further specialist units. These could include units 7, 9, 12, 14, 21 and 22 (meaning all of Unit 1 of the CYQ Level 2 Certificate would be covered), plus six further units, which could include units 8, 13, 15 and 23 (meaning all of Unit 2 of the CYQ Certificate will be covered), and 2 further units from 10, 17, 18 and 19 according to learner choice or centre offer.

**Unit 1: 7.1, 7.2, 7.3, 7.4 of the CYQ Level 2 Certificate will be assessed in the practical assessment, and thus Unit 22: Exercise for Specific Groups does not have to be passed in order for learners to have achieved the learning for the L2 Certificate, and not have to do the multi-choice test.



Edexcel Level 3 BTEC National Certificate in Sport and Exercise Sciences	
Core units – all five units must be taken	CYQ unit and component links
Unit 1: Anatomy for Sport and Exercise	Unit 1: 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.4, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 6.7
Unit 2: Sport and Exercise Physiology	Unit 1: 1.2, 2.6, 2.8, 2.9, 3.3, 3.5, 4.5, 6.1, 6.2, 6.5, 6.6
Unit 3: Sport and Exercise Psychology	
Unit 4: Research Methods for Sport and Exercise Sciences	
Unit 5: Research Project in Sport and Exercise Sciences	
Specialist units – seven units must be taken	CYQ unit and component links
Unit 7: Exercise, Health and Lifestyle	Unit 1: 1.2, 1.3, 1.4 Unit 2: 10.1, 10.2, 11.1, 11.3
Unit 9: Training and Fitness for Sport	Unit 1: 1.1, 1.2, 1.4, 2.7, 2.9 Unit 2: 11.2
Unit 12: Sports Nutrition	Unit 1: 1.1, 3.3, 6.2, 6.3, 6.4
Unit 14: Instructing Physical Activity and Exercise	Unit 1: 1.2, 1.4 Unit 2: 2.1, 2.2, 3.1, 3.2, 4.1, 4.2, 6.1, 6.2, 7.2, 9.1, 9.2, 9.4, 10.3
Unit 8: Fitness Testing for Sport and Exercise*	Unit 2: 4.3, 4.4, 4.5
Unit 13: Sport and Society*	Unit 2: 7.1
Unit 15: Sports Injuries*	Unit 2: 5.1, 5.2, 5.3, 5.4, 5.5
Unit 23: Work-based Experience in Sport*	Unit 2: 8.1

*Learners should select three of these four units.

BTEC National Certificate in Sport and Exercise Sciences learners have to take core units 1, 2, 3, 4 and 5, plus seven further specialist units, which should include 7, 9, 12 and 14, plus three of 8, 13, 15 and 23, to cover as much as possible of CYQ Units 1 and 2.

This would mean they would still be missing some of CYQ Unit 1, but would cover most of what Unit 2 of the CYQ certificate requires. Gaps would be dependent on which three of units 8, 13, 15 and 23 are completed.

The gaps from CYQ Unit 1 would be those which BTEC National Diploma learners would cover in Units 21 and 22; Unit 1: 1.3, 3.3, 1: 7.1, 7.2, 7.3, 7.4.



Edexcel Level 3 BTEC National Award in Sport and Exercise Sciences	
Core units – all four units must be taken	CYQ unit and component links
Unit 1: Anatomy for Sport and Exercise	Unit 1: 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.4, 4.1, 4.2, 4.3, 4.4, 5.1, 5.2, 5.3, 5.4, 5.5, 6.7
Unit 2: Sport and Exercise Physiology	Unit 1: 1.2, 2.6, 2.8, 2.9, 3.3, 3.5, 4.5, 6.1, 6.2, 6.5, 6.6
Unit 3: Sport and Exercise Psychology	
Unit 4: Research Methods for Sport and Exercise Sciences	
Specialist units – two units must be taken	CYQ unit and component links
Unit 7: Exercise, Health and Lifestyle*	Unit 1: 1.2, 1.3, 1.4 Unit 2: 10.1, 10.2, 11.1, 11.3
Unit 9: Training and Fitness for Sport*	Unit 1: 1.1, 1.2, 1.4, 2.7, 2.9 Unit 2: 11.2
Unit 12: Sports Nutrition*	Unit 1: 1.1, 3.3, 6.2, 6.3, 6.4

*Learners should select two of these three units.

National Award learners have to take core units 1, 2, 3 and 4, plus two further units, which could include 7, 9 or 12.