



Fitness Common Units

Level 2 Fitness Instructing (plus title of pathway as below, in brackets)

Mandatory

1. Anatomy and physiology for exercise (Level 2)
2. Health, safety and welfare in a fitness environment (Level 2)
3. Principles of exercise, fitness and health (Level 2)
4. Know how to support clients who take part in exercise and physical activity (Level 2)

Optional Pairings

Gym-Based Exercise

5. Planning gym-based exercise (Level 2)
6. Instructing gym-based exercise (Level 2)

Exercise to Music

7. Planning group exercise to music (Level 2)
8. Instructing group exercise to music (Level 2)

Water-Based Exercise

9. Planning water-based exercise (Level 2)
10. Instructing water-based exercise (Level 2)

Exercise and Physical Activity for Children

11. Planning health-related exercise and physical activity for children (Level 2)
12. Instructing health-related exercise and physical activity for children (Level 2)

Level 3 Personal Training

1. Anatomy and physiology for exercise (Level 3)
2. Health, safety and welfare in a fitness environment (Level 2 – shared with Level 2 qualification)
3. Principles of exercise, fitness and health (Level 2 – shared with Level 2 qualification)
4. Know how to support clients who take part in exercise and physical activity (Level 2 – shared with Level 2 qualification)
5. Applying the principles of nutrition as part of a personal training programme (Level 3)
6. Programming personal training with clients (Level 3)
7. Delivering personal training sessions (Level 3)



Level 2 and Level 3 QCF Fitness Qualifications

Qualification	Number of Guided Learning Hours	Number of Credits	Size of Qualification
L2 Fitness Instructing (Gym-Based Exercise)	Total = 158 (41+16+28+13+23+37)	Total = 24 (6+2+4+2+4+6)	Certificate
L2 Fitness Instructing (Exercise to Music)	Total = 159 (41+16+28+13+24+37)	Total = 24 (6+2+4+2+4+6)	Certificate
L2 Fitness Instructing (Water-Based Exercise)	Total = 162 (41+16+28+13+26+38)	Total = 25 (6+2+4+2+5+6)	Certificate
L2 Fitness Instructing (Exercise and Physical Activity for Children)	Total = 157 (41+16+28+13+23+36)	Total = 23 (6+2+4+2+3+6)	Certificate
L3 Personal Training	Total = 245 (43+40+16+28+13+47+58)	Total = 36 (6+6+2+4+2+7+9)	Certificate