



CYQ Level 2 NVQ Diploma in Instructing Exercise and Fitness

The learner must achieve a minimum of seven units: five mandatory units plus two paired units from either the Gym, Exercise to Music, Aqua or Exercise and Physical Activity for Children pathways.

Mandatory Units		
Unit title	Credit	GLH
Anatomy and physiology for exercise (shared with the Level 2 Certificate in Fitness Instructing)	6	41
Principles of exercise, fitness and health (shared with the Level 2 Certificate in Fitness Instructing)	4	28
C22 Promote health, safety and welfare in active leisure and recreation	4	30
C316 Work with clients to help them adhere to exercise and physical activity	4	25
A335 Reflect on and develop own practice in providing exercise and physical activity	4	23
Optional Units		
Learners must achieve at least one unit pairing from the pathways shown below		
Pathway A – Gym		
D451 Plan and prepare gym-based exercise	9	43
D452 Instruct and supervise gym-based exercise	8	43
Pathway B - Group Exercise to Music		
D453 Plan and prepare group exercise to music	8	33
D454 Instruct group exercise to music	8	43
Pathway C - Aqua		
D455 Plan and prepare water-based exercise	8	35
D456 Instruct water-based exercise	8	41
Pathway D - Exercise and Physical Activity for Children		
D457 Plan and prepare health related exercise and physical activity for children	8	55
D458 Instruct health related exercise and physical activity to children	7	40