

# Fitness Instructing & Personal Training Qualifications (QCF)

**Level 2 Certificate in Fitness Instructing – (01783)**

**Level 3 Certificate in Personal Training – (01784)**

**Level 2 NVQ Diploma in Instructing Exercise and Fitness – (03914)**

**Level 3 NVQ Diploma in Personal Training – (03915)**

## **Key features**

- *Centre assessed and externally verified units, giving you complete flexibility in designing a delivery model*
- *Diverse range of contexts to choose from*
- *Common units at Level 2 and 3 allowing opportunity to transfer credit*
- *All units have a level and a credit value assigned and can be achieved independently.*

## **Introduction**

The OCR Exercise and Fitness Certificates and NVQ Diplomas are high quality, industry-recognised vocational qualifications that enable access to the Register of Exercise Professionals (REPs). They provide valuable opportunities for individuals to develop skills and gain underpinning knowledge and understanding to support entry into the exercise and fitness industry, demonstrate competence in the workplace and provide progression to other related leisure qualifications.

The qualifications have been accredited onto the Qualifications and Credit Framework (QCF) and they are endorsed by Skillsactive, the sector body for active leisure.

## OCR Level 2 Certificate in Fitness Instructing (01783)

The OCR Level 2 Certificate in Fitness Instructing is suitable for those who wish to enter the exercise and fitness industry as a gym instructor, exercise to music instructor, aqua instructor or a children's physical activity instructor. Successful completion of this qualification will allow access to the Register of Exercise Professionals (REPs) at Level 2.

To achieve this qualification, candidates are required to complete **four mandatory units and two optional units** from four different pathways.

Unit No	Unit Title	Ofqual Reference Number	Level	Credit Value	GLH
<b>MANDATORY UNITS</b>					
1	Know how to support clients who take part in exercise and physical activity	M/600/9015	2	2	13
2	Health, safety and welfare in a fitness environment	T/600/9016	2	2	16
3	Principles of exercise, fitness and health	A/600/9017	2	4	28
4	Anatomy and physiology for exercise	H/600/9013	2	6	41
<b>OPTIONAL UNITS</b>					
<b><i>Gym-based Exercise Pathway</i></b>					
5	Planning gym-based exercise	F/600/9018	2	4	23
6	Instructing gym-based exercise	A/600/9020	2	6	37
<b><i>Exercise to Music Pathway</i></b>					
7	Planning group exercise to music	F/600/9021	2	4	24
8	Instructing group exercise to music	J/600/9022	2	6	37
<b><i>Water-based Exercise Pathway</i></b>					
9	Planning water-based exercise	L/600/9023	2	5	26
10	Instructing water-based exercise	R/600/9024	2	6	38
<b><i>Exercise &amp; Physical Activity for Children Pathway</i></b>					
11	Planning health related exercise and physical activity for children	A/600/9048	2	3	23
12	Instructing health related exercise and physical activity for children	T/600/9050	2	6	36

## OCR Level 3 Certificate in Personal Training (01784)

The OCR Level 3 Certificate in Personal Training is suitable for those who wish to work in the exercise and fitness industry as a personal trainer. Successful completion of this qualification will allow access to the Register of Exercise Professionals (REPs) at Level 3.

*To achieve this qualification, candidates must achieve a total of seven mandatory units.*

Unit No	Unit Title	Ofqual Reference Number	Level	Credit Value	GLH
1	Know how to support clients who take part in exercise and physical activity	M/600/9015	2	2	13
2	Health, safety and welfare in a fitness environment	T/600/9016	2	2	16
3	Principles of exercise, fitness and health	A/600/9017	2	4	28
4	Anatomy and physiology for exercise and health	A/600/9051	3	6	43
5	Programming personal training with clients	F/600/9052	3	7	47
6	Delivering personal training sessions	J/600/9053	3	9	58
7	Applying the principles of nutrition to a physical activity programme	L/600/9054	3	6	40

# OCR Level 2 NVQ Diploma in Instructing Exercise and Fitness (03914)

The OCR Level 2 NVQ Diploma in Instructing Exercise and Fitness is a competency based qualification for those who wish to work in the fitness industry as a gym instructor, exercise to music instructor, aqua instructor or a children's physical activity instructor. Successful completion of this qualification will allow access to the Register of Exercise Professionals (REPs) at Level 2.

*To achieve this qualification, candidate must achieve a total of five mandatory units and two optional units from four different pathways.*

Unit No	Sector Unit No	Unit Title	Ofqual Reference Number	Level	Credit Value	GLH
<b>MANDATORY UNITS</b>						
1	FI201	Anatomy and physiology for exercise	H/600/9013	2	6	41
2	FI204	Principles of exercise, fitness and health	A/600/9017	2	4	28
3	OS202	Promote health, safety and welfare in active leisure and recreation.	D/601/4484	2	4	30
4	FI213	Work with clients to help them adhere to exercise and physical activity	A/601/7361	2	4	25
5	FI214	Reflect on and develop own practice in providing exercise and physical activity	F/601/7362	2	4	23
<b>OPTIONAL UNITS</b>						
<b><i>Gym-Based Exercise Pathway</i></b>						
6	FI215	Plan and prepare gym-based exercise	J/601/7363	2	9	43
7	FI216	Instruct and supervise gym-based exercise	L/601/7364	2	8	43
<b><i>Exercise to Music Pathway</i></b>						
8	FI217	Plan and prepare group exercise to music	R/601/7365	2	8	33
9	FI218	Instruct group exercise to music	Y/601/7366	2	8	43
<b><i>Water-Based Pathway</i></b>						
10	FI219	Plan and prepare water-based exercise	D/601/7367	2	8	35
11	FI220	Instruct water-based exercise	H/601/7368	2	8	41
<b><i>Exercise and Physical Activity for Children Pathway</i></b>						
12	FI221	Plan and prepare health related exercise and physical activity for children	K/601/7369	2	8	55
13	FI222	Instruct health related exercise and physical activity for children	D/601/7370	2	7	40

## OCR Level 3 NVQ Diploma in Personal Training (03915)

The Level 3 NVQ Diploma in Personal Training is a competency based qualification for those who wish to work in the fitness industry as a personal trainer. Successful completion of this qualification will allow access to the Register of Exercise Professionals (REPs) at Level 3.

*To achieve this qualification, candidates must complete a total of **nine mandatory units**. An additional optional unit is also available.*

Unit No	Sector Unit No	Unit Title	Ofqual Reference Number	Level	Credit Value	GLH
1	PT301	Anatomy and physiology for exercise and health	A/600/9051	3	6	43
2	FI204	Principles of exercise, fitness and health	A/600/9017	2	4	28
3	OS202	Promote health, safety and welfare in active leisure and recreation	D/601/4484	2	4	30
4	FI214	Reflect on and develop own practice in providing exercise and physical activity	F/601/7362	2	4	23
5	PT305	Motivate clients to maintain long term adherence to exercise and physical activity	K/601/7758	3	4	15
6	PT306	Evaluate exercise and physical activity programmes	M/601/7759	3	3	14
7	PT307	Design, manage and adapt a personal training programme with clients	H/601/7760	3	6	30
8	PT308	Deliver exercise and physical activity as part of a personal training programme	K/601/7761	3	10	70
9	PT309	Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme	M/601/7762	3	7	42

Additional Unit						
10	PT310	Plan, market and sell services	T/601/7763	3	5	26

## Assessment

This qualification is internally assessed by centre staff and externally verified by OCR Assessors.

Assessment is through a mixture of practical assessments, portfolio evidence and short answer examinations. OCR provide assessment materials which fully meet the learning outcomes and assessment criteria for each unit.

Units are graded as either Pass or Fail based on the achievement of the required assessment criteria.

## National accreditation and funding

These qualifications are accredited at Level 2 and Level 3 of the Qualifications and Credit Framework and may be eligible for funding under Section 96 and/or Skills Funding Agency.

## Guided learning hours

Each of the units in these qualifications is allocated a number of guided learning hours (glh) which indicates the approximate number of hours for teacher supervised or directed study time and assessment.

## Certification

Full award or unit certification is available.

The full award certificate will show the qualification title and Ofqual accreditation information. The unit certificate will also show the credit value of the unit achieved.

## Qualification support

OCR's website, [www.ocr.org.uk](http://www.ocr.org.uk), contains an area dedicated to these qualifications. The Centre Handbook, units and assessment materials can be downloaded from each individual qualification web page.

If you need clarification on any aspect of the assessment or administration of these qualifications, please contact OCR's Customer Contact Centre on 024 76 851509.

OCR runs a regular programme of training workshops for tutors, assessors and verifiers. For more details, please contact OCR's Training and Customer Support Team on 024 76 496398.

## What to do next?

To seek approval to offer the qualification(s), please apply online following the step-by-step guide to applying for approval for vocational qualifications indicated on our 'Centre Approval' webpage.

You might be interested to know that OCR staff are available to help with any aspect of setting up a vocational assessment centre. Through an advisory telephone call or a centre visit, we can assist, not only with the completion of the form, but also provide advice on the following areas:

- identifying potential candidates and marketing opportunities;
- meeting OCR requirements;
- identifying resourcing levels, both in terms of staff and equipment;
- the documents you might need for the benefit of the candidates and a smooth running centre operation.

For further information, please get in touch with our Customer Contact Centre by phone: (024 7685 1509); email: [vocational.qualifications@ocr.org.uk](mailto:vocational.qualifications@ocr.org.uk); or in writing: OCR Customer Contact Centre, OCR, Westwood Way, Coventry, CV4 8JQ.

A summary of how the approval process works is provided in our Admin Guide for Vocational Qualifications. Our Fees List contains details of entry fees. Both documents are available to download from our website [www.ocr.org.uk](http://www.ocr.org.uk)

[www.ocr.org.uk](http://www.ocr.org.uk)

OCR customer contact centre

### Vocational qualifications

Telephone 024 76 851509

Facsimile 024 76 851633

Email [vocational.qualifications@ocr.org.uk](mailto:vocational.qualifications@ocr.org.uk)

### General qualifications

Telephone 01223 553998

Facsimile 01223 552627

Email [general.qualifications@ocr.org.uk](mailto:general.qualifications@ocr.org.uk)

*For staff training purposes and as part of our quality assurance programme your call may be recorded or monitored.*

© OCR 2011 Oxford Cambridge and RSA Examinations is a Company Limited by Guarantee. Registered in England. Registered office 1 Hills Road, Cambridge CB1 2EU. Registered company number 3484466. OCR is an exempt charity.

