

Cambridge TECHNICALS LEVEL 2

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SPORT AND PHYSICAL ACTIVITY

Unit 11

Assisting in the delivery of exercise
and fitness session

Y/615/2394

Guided learning hours: 30

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LEVEL 2

UNIT 11: Assisting in the delivery of exercise and fitness sessions

Y/615/2394

Guided learning hours: 30

Essential resources required for this unit: Appropriate exercise facilities
Client(s) for taking part in the exercise session

This unit is internally assessed and externally moderated by OCR.

UNIT AIM

Exercise and fitness sessions have evolved over many years and now provide exciting opportunities for groups or individuals to improve all aspects of health and fitness. These sessions vary from High Intensity Interval Training (HIIT), military - style boot camp sessions to the more traditional gym - based exercise sessions.

This unit, which is intended to be delivered and assessed practically, aims to provide you with the opportunity to explore the recent trends within exercise and fitness, and to develop skills for effective delivery of exercise and fitness sessions. You will, plan, prepare, assist in delivery and review performance in an exercise and fitness session. These skills are essential for you if you wish to pursue a career in fitness instruction.

This unit contains key synoptic tasks, the assessment of which will require learners to demonstrate skills, knowledge and understanding drawn from all other units within the Assistant Fitness Instructor pathway.

TEACHING CONTENT

The unit content describes what has to be taught to ensure that learners are able to access the highest grade.

Anything which follows an i.e. details what must be taught as part of that area of content.

Anything which follows an e.g. is illustrative, it should be noted that where e.g. is used, learners must know and be able to apply relevant examples to their work though these do not need to be the same ones specified in the unit content.

Learning outcomes	Teaching content
The Learner will:	Learners must be taught:
<p>1. Be able to plan and prepare for delivery of appropriate exercise and fitness sessions</p>	<p>1.1 Gather appropriate client information prior to taking part in an exercise and fitness session, i.e.</p> <ul style="list-style-type: none"> • Physical Activity Readiness Questionnaire (PAR-Q) • informed consent • any medical needs • ability (fitness) level • client's aims <p>1.2 Types of exercise and fitness session, i.e.</p> <ul style="list-style-type: none"> • circuit training • aerobics/dance classes • bootcamp • CrossFit • High Intensity Interval Training (HIIT) • kettlebell classes • bums, legs and tums • metafit • tabata • pilates • yoga • zumba • weight training • specialised classes (e.g. Spin, Pump, TRX, Vipr) <p>1.3 Plan the delivery of an exercise and fitness session, i.e.</p> <ul style="list-style-type: none"> • using a suitable session plan format • clear purpose to the session linked to client's aims and readiness • identify numbers of participants • set appropriate goal for the session (SMART) • warm-up (e.g. pulse raiser, stretching) • sequence of activities appropriate to session aim • appropriate methods of training, i.e. <ul style="list-style-type: none"> ○ linked to ability level of participants ○ linked to specific components of fitness relevant to purpose/aims (e.g. circuit training/gym based training for muscular endurance; resistance machines/free weights for strength; Continuous/interval/Fartlek, training for cardiovascular endurance, static/passive/PNF stretching for flexibility, Interval/Acceleration/hill sprints for speed)

Learning outcomes	Teaching content
The learner will:	Learners must be taught:
	<ul style="list-style-type: none"> • timings/sets/reps/intensity • equipment requirements • cool down (including stretches) <p>1.4 Prepare self and environment prior to session, i.e.</p> <ul style="list-style-type: none"> • self, i.e. <ul style="list-style-type: none"> • familiarity with the safe use of exercise equipment • identify ways of adapting exercises to make them easier or more difficult depending on client ability • dress appropriately for assisting the delivery of an exercise and fitness session • environment, i.e. <ul style="list-style-type: none"> • complete a risk assessment of the exercise environment • select appropriate equipment based on session aims and client ability • ensure equipment is safe prior to use • ensure the environment is suitably prepared for an effective session (group or individual) • select appropriate music for exercise and fitness session
2. Be able to assist in the delivery of exercise and fitness sessions	<p>2.1 Assist in the delivery of an effective exercise and fitness session, i.e.</p> <p>at the start of the session, i.e.</p> <ul style="list-style-type: none"> • ensure clients feel welcome and at ease • explain the exercise and fitness session (aims, exercises, warm-up and cool down) • be able to revise plans if necessary • explain the emergency procedures <p>main content of the session, i.e.</p> <ul style="list-style-type: none"> • warm-up (pulse raising, mobility, stretching) • main activities (technically accurate demonstrations, communication of teaching points, supervision of exercise intensity/timings/techniques, adapt exercises as appropriate, motivate clients) • cool down (suitable activities to allow recovery from session, appropriate stretches) <p>conclude an exercise and fitness session, i.e.</p> <ul style="list-style-type: none"> • give clients feedback (summary of session, explain strengths and areas of improvement) • give clients the opportunity to ask questions
3. Be able to review performance in exercise and fitness sessions	<p>3.1 Review own performance in the delivery of exercise and fitness sessions, i.e.</p> <ul style="list-style-type: none"> • achievement of session outcomes • effectiveness of exercises • relationship with client • communication • strengths and areas for improvement in the planning and delivery of the session <p>3.2 Assess own development needs (e.g. specific qualifications, membership to professional body, further support/training from lead fitness instructor/personal trainer)</p> <p>3.3 Development opportunities (e.g. job shadowing, training courses, qualifications)</p>

GRADING CRITERIA

LO	Pass	Merit	Distinction
The learner will:	The assessment criteria are the Pass requirements for this unit.	To achieve a Merit the evidence must show that, in addition to the Pass criteria, the candidate is able to:	To achieve a Distinction the evidence must show that, in addition to the pass and merit criteria, the candidate is able to:
1. Be able to plan and prepare for delivery of appropriate exercise and fitness sessions	P1: *Gather relevant client information prior to taking part in an exercise and fitness session	M1: Plan different types of exercise and fitness sessions for a selected group of participants	D1: Improve an exercise or fitness session plan following a review of an exercise or fitness session you have already delivered
	P2: *Plan an effective exercise and fitness session for a selected group of participants		
	P3: *Prepare self and environment for an exercise and fitness session		
2. Be able to assist in the delivery of exercise and fitness sessions	P4: *Deliver a warm up, an activity, a cool down and conclusion as part of an exercise and fitness session	M2: Use effective communication, demonstration and motivation when delivering activities as part of an exercise and fitness session	
3. Be able to review performance in exercise and fitness sessions	P5: *Review own performance in the delivery of exercise and fitness sessions, identifying strengths and areas for improvement	M3: Make recommendations for own development as a fitness instructor	

SYNOPTIC ASSESSMENT

This unit is a synoptic unit, as ‘assisting in the delivery of exercise and fitness sessions’ is the key task for the Assistant Fitness Instructor Diploma. The assessment guidance below indicates where knowledge, understanding and skills from other units should be shown in the evidence generated for this unit. As such, order in which units are delivered by the centre needs to be considered to enable these links to be made as effectively as possible. In some cases it may be possible to combine the requirements of different LOs in different units and achieve them in a combined task.

It will be possible for learners to make connections between other units over and above the unit containing the key tasks for synoptic assessment, please see section 6 of the centre handbook for more detail. We have indicated in this unit where these links are with an asterisk and provided more detail in the Assessment Guidance.

ASSESSMENT GUIDANCE

LO1: Be able to plan and prepare for delivery of appropriate exercise and fitness sessions

* For this LO, learners will need to apply learning from:

Unit 1 Physical activity, health and wellbeing – LO3 Know measures of health and wellbeing

Unit 3 Inclusivity, equality and diversity for sport and physical activity – LO2 Be able to plan and promote inclusive, equal and diverse sport and physical activity

Unit 4 Leading sport and physical activity sessions – LO2 Be able to plan a sport and physical activity session

Learners may also apply learning from Unit 9 Fitness induction and testing.

Learners will plan a safe, appropriate exercise and fitness session. To meet the P1 criteria, learners should gather client data listed in the unit content. It is essential that a PAR-Q is conducted and informed consent is given before the client takes part in physical activity. In order to complete P2 the learner should complete a full plan for an effective exercise and fitness session, this should cover all aspects listed in the unit content. For M1, learners should plan at least three types of exercise and fitness session that will be suitable for the participants identified in P1. To achieve P3 the learner should ensure that both they and the environment are safe for the exercise and fitness session. Evidence for this should include a risk assessment showing the hazards, risks and control measures for the exercise environment. Exercise and fitness sessions that learners plan as part of this LO should last at least 30 minutes each.

LO2: Be able to assist in the delivery of exercise and fitness sessions

** For this LO, learners will need to apply learning from:*

Unit 2 Physical preparation and readiness for sport and physical activity – LO3 Understand the use of warm ups and cool downs

Unit 4 Leading sport and physical activity – LO3 Be able to lead a sport and physical activity session.

Learners may also apply learning from Unit 5 Customer service in sport and physical activity and Unit 10 Using fitness equipment.

This learning outcome involves the delivery of the planned exercise and fitness session in LO1. Learners must deliver the warm up, one activity, the cool down and the conclusion of the session. Where the exercise and fitness session is one long activity (Spin class for example), learners must deliver at least 15 minutes of a 30 minute session. For M2, learners need to demonstrate effective communication, motivation and demonstration skills when delivering exercise and fitness sessions.

LO3: Be able to review performance in exercise and fitness sessions

** For this LO, learners will need to apply learning from:*

Unit 4 Leading sport and physical activity – LO4 Be able to review sport and physical activity sessions.

This learning outcome follows the delivery of an exercise and fitness session in LO2. For P5 the learner should review their performance in the delivery of the exercise and fitness session, covering teaching content 3.1. For M3, learners should consider their own development needs and recommend ways in which they can develop as fitness instructors.

For D1, learners should use the review of the fitness session that they planned and delivered and plan an improved session considering the strengths and areas of improvement identified.

Feedback to learners: you can discuss work-in-progress towards summative assessment with learners to make sure it's being done in a planned and timely manner. It also provides an opportunity for you to check the authenticity of the work. You must intervene if you feel there's a health and safety risk.

Learners should use their own words when producing evidence of their knowledge and understanding. When learners use their own words it reduces the possibility of learners' work being identified as plagiarised. If a learner does use someone else's words and ideas in their work, they must acknowledge it, and this is done through referencing. Just quoting and referencing someone else's work will not show that the learner knows or understands it. It has to be clear in the work how the learner is using the material they have referenced **to inform their** thoughts, ideas or conclusions.

For more information about internal assessment, including feedback, authentication and plagiarism, see the centre handbook. Information about how to reference is in the OCR *Guide to Referencing* available on our website: <http://www.ocr.org.uk/i-want-to/skills-guides/>.

MEANINGFUL EMPLOYER INVOLVEMENT - a requirement for Technical Certificate qualifications

These qualifications have been designed to be recognised as Technical certificates in performance tables in England. It is a requirement of these qualifications for centres to secure employer involvement through delivery and/or assessment of these qualifications for every learner.

The minimum amount of employer involvement must relate to at least one or more of the elements of the mandatory content. This unit is a mandatory unit in the Assistant Fitness Instructor pathway.

Eligible activities and suggestions/ideas that may help you in securing meaningful employer involvement for this unit are given in the table below.

Please refer to the Qualification Handbook for further information including a list of activities that are not considered to meet this requirement.

Meaningful employer involvement – eligible activities	Suggestion/ideas for centres when delivering this unit
1. Learners undertake structured work-experience or work-placements that develop skills and knowledge relevant to the qualification.	Learners could volunteer at a local gym or leisure centre to assist the delivery of exercise and fitness sessions with supervision.
2. Learners take one or more units delivered or co-delivered by an industry practitioner(s). This could take the form of master classes or guest lectures.	This unit forms the underpinning assessment for the assistant gym instructor 'super-unit'
3. Industry practitioners operating as 'expert witnesses' that contribute to the assessment of a learner's work or practice, operating within a specified assessment framework. This may be a specific project(s), exercise(s) or examination(s), or all assessments for a qualification.	Fitness instructors, personal trainers, strength and conditioning trainers could act as witnesses for learners delivering fitness sessions.

You can find further information on employer involvement in the delivery of qualifications in the following documents:

- [Employer involvement in the delivery and assessment of vocational qualifications](#)
- [DfE work experience guidance](#)

To find out more
ocr.org.uk/sport

or call our Customer Contact Centre on **02476 851509**

Alternatively, you can email us on **vocational.qualifications@ocr.org.uk**



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