

Fitness Instructing and Physical Activity Active IQ Level 3 Diploma

Course outline:

This qualification provides learners with the broad base of knowledge and skills to be able to work in a variety of customer-facing roles within the active leisure industry, including fitness instructing and leisure operations.

This qualification has been approved for the DfE Performance Tables as a Tech Level and attracts UCAS points.

To provide learners with the knowledge and skills to:

- Develop their understanding of anatomy, physiology and nutrition and how they relate to exercise and fitness.
- Be able to plan and instruct safe and effective exercise and physical activity sessions.
- Be able to deliver exceptional customer service.
- Be able to manage their personal and professional development.
- Be able to develop enterprise skills.
- Be able to market and sell products and services.
- Understand how technology is used within physical activity, fitness, sport and exercise.

How you will be assessed:

Coursework/Project

- Multiple choice examination
- Portfolio of evidence
- Practical demonstration/assignment
- eAssessment

Entry Requirements:

Learners should be able to demonstrate their capability to study at Level 3. Some experience of gym-based exercises, including free weights, is highly recommended. The course requires physical exertion and individual participation is essential, so a degree of physical fitness is necessary. There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched as a minimum at Level 2.

Where the course could take you:

This qualification provides progression into:

- Employment.
- Further learning or training in a specialist area.