

L2 Exercise to Music Instructor (Active IQ)



Entry Requirement

Over 18

Course Overview

This is an industry recognised qualification that allows the holder to work as an exercise to music (aerobics) instructor and gain entry at Level 2 onto the Register of Exercise Professionals (REPS). If you want to pursue a career in the health and fitness industry as a fitness instructor running group exercise sessions, then this qualification is for you.

Aerobics instructors lead classes giving participants a fun and interesting way of working out. You can teach classes at health clubs or be self-employed running your own classes in your local community.

Recognised Qualification

- Qualification awarded by Active IQ
- Enables level 2 entry to REPs

Accreditations

Active iQ



Course Content

Unit 1: Anatomy and physiology for exercise and health (Level 2)

- Structure and function of the circulatory system
- Structure and function of the respiratory system
- Structure and function of the skeleton
- Understand joints in the skeleton and the muscular system
- Nervous system and its relation to exercise

Unit 2: Health, Safety and Welfare in a Fitness Environment (Level 2)

- Emergency procedures in a fitness environment
- Health and safety requirements in a fitness environment
- Control risks in a fitness environment
- Safeguard children and vulnerable adults

Unit 3: Principles of Exercise, Fitness and Health (Level 2)

- Effects of exercise on the body
- Components of fitness
- Principles and variables of fitness to an exercise programme
- Exercise contraindications and key safety guidelines for special populations
- Safely monitor exercise intensity
- Health benefits of physical activity and the importance of healthy eating

Unit 4: Know How to Support Clients Who Take Part in Exercise and Physical Activity (Level 2)

- Form effective working relationships with clients
- Address barriers to exercise that clients experience
- Support clients to adhere to exercise
- Provide ongoing customer service to clients

Unit 5: Planning Gym-Based Exercise (Level 2)

- Collect participant information to plan exercise to music
- Use participant information to plan group exercise to music
- Plan group exercise to music with participants
- Use music to enhance group exercise
- Plan a safe and effective group exercise to music

Unit 6: Instructing Gym-Based Exercise (Level 2)

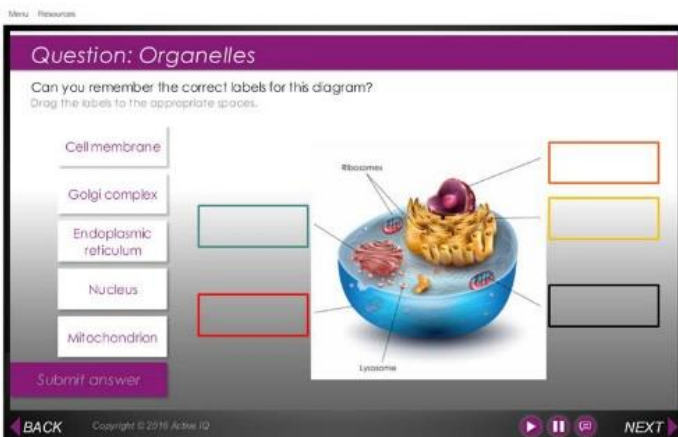
- Prepare self and equipment for group exercise to music
- Instruct group exercise to music
- Improve participants' performance in group exercise to music
- Reflect on a group exercise to music session
- Support participants taking part in group exercise to music

eLearning

You will study for this certificate through online learning for both practical and theoretical units along with hard copy manuals. There is no course attendance. For this format, it is recommended that you are very familiar with attending exercise to music or aerobics classes. You will need to submit all your assessments via post or electronically including video of your practically demonstrating instructing a class to a minimum of 6 participants. You will be required to attend an exam venue for the level 2 theory exams.

Summary of attendance:

L2 Exams – ½ day



Assessment

- Two multiple-choice exams
- Practical demonstration
- Portfolio/worksheets

Certification

- L2 Active IQ Certificate in Fitness Instructing (Exercise to Music)



What next?

- L3 Exercise Referral
- L3 Older Adult
- L3 Ante Natal and Post Natal