



TherapyFit

**LEVEL 2 CERTIFICATE
IN FITNESS
INSTRUCTING**



COURSE GUIDE

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UNIT GUIDE

Welcome to your level 2 certificate in fitness instructing. This course guide is your blueprint for completing the qualification. To complete this qualification you must achieve the minimum mandatory units as identified below: (the completion order of these units is set out on the student zone)

| UNIT CODE | UNIT REF | UNIT TITLE | LEVEL | GLH |
|-----------|------------|---|-------|-----|
| USP182 | A/617/2590 | Anatomy and physiology for exercise and fitness professionals | 2 | 40 |
| USP183 | F/617/2591 | Professional practice for exercise and fitness professionals | 2 | 28 |
| USP184 | J/617/2592 | Exercise, fitness and lifestyle consultation and management | 3 | 50 |
| USP185 | L/617/2593 | Planning and instructing gym-based exercise programmes | 2 | 47 |

STEP ONE

Upon enrolment you will have been given access to our student portal, [the student zone](#).

This zone consists of a plethora of resources, lectures, presentations and handouts to see you through the qualification. Your first step is to access the student zone (login sent in welcome email) and navigate around the page. Then, please watch the welcome video which will explain the course structure.

STEP TWO

You can now begin the course. Download the workbook "[professional practice](#)" and begin completing these questions based on the tabs and presentations under UNIT 2. You can complete the whole workbook and submit to the [fitness tutor team](#), or we'd recommend completing a lesson objective (LO) at a time. Work will be marked and returned within 48 hours.

STEP THREE

Download the workbook "[planning and instructing](#)" and begin completing these questions based on the tabs and presentations under UNIT 4. You can complete the whole workbook and submit to the [fitness tutor team](#), or we'd recommend completing a lesson objective (LO) at a time. Work will be marked and returned within 48 hours.

STEP FOUR

Watch the "[client consultation video](#)" then download the "[consultation template](#)" and complete this based on a REAL client. You will then need to submit the consultation template to your tutor for marking. Once this has been signed off you're ready for the in-person or video assessment of the consultation – Please book a call [here](#) to discuss this further with your tutor.



STEP FIVE

Watch the "[programme guidance](#)" then download the "[programme card](#)" template. Complete this template based on the client consultation ensuring the criteria in the video is met. Submit this programme card to your tutor for marking, in preparation for the practical assessment. Once this has passed, you are ready for the practical assessment. Please book a call with your tutor [here](#), prior to attempting this.

STEP SIX

The final assessments at level 2 are the multiple choice theory exams, of which there are 2. These are based on:

Unit 1 - Anatomy & physiology

Unit 3 - Exercise fitness and lifestyle management.

Use the pre-recorded lectures and presentations under the relevant units and inform your tutor when you deem you are ready to complete these exams.

Upon completion of the exams, that is level 2 complete.



WHAT'S NEXT?



Collation

Your work and any evidence will then be collated and sent off to our internal quality assurance team.



Verification

The IQA will check the validity of the work and ensure everything meets the criteria of the awarding body. This work is then submitted to VTCT's EQA for further assurance checks.



Certification

Once the I/EQA process is complete we claim your certificate from VTCT and this is sent out to us in the post. We then send the certificate out to you according to your payment plan



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COMMON QUESTIONS

What if my work fails

We don't like the word fail and instead use the word refer. Referral means you or your work aren't ready yet.

When it comes to workbooks, these are a working document and can be submitted as many times as need be.

How often can I speak with a tutor?

As many times as you need. The "Youcanbookme" feature on both our email signatures and throughout this blueprint can be used to book a call whenever you feel you need one.

How many attempts are there for practical assessments?

Due to the plethora of resources and extensive guidance from our tutors, you should only ever need one. However, should you fail a practical assessment you have 3 attempts to make amends of either the whole practical or the element you referred on. This will be at the relevant tutors discretion.

How many attempts are the for the theory exams?

As this is the only element of the course externally assessed, you have 3 attempts to complete the theory exam. However, prior to attempting the multiple choice exams, we have numerous mock exams and tests you can take to ensure you are more than ready for the real thing

How long does it take for me to receive my certificate?

From completion to achieving your certificate, the whole process can take up to 8 weeks. In the meantime, we are happy to issue learners who's work has been sent to IV an internal certificate of completion for proof of course completion.





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