

Our qualifications

We deliver both Level 2 and Level 3 fitness qualifications. Below is a brief overview of the qualifications we currently offer:

Course	Pre-requisites	Qualifications gained	Guided Learning Hours*	Units covered	Learning methods	Assessment methods	Pass mark required
Level 2 Exercise to Music	None	Level 2 Certificate in Fitness Instructing (ETM), plus Level 2 Developing Employability Skills as a Self Employed Professional unit certificate	175	Level 2 Anatomy and Physiology for Exercise	Online learning	Multiple choice theory exam	70%
				Level 2 Principles of Exercise, Fitness and Health	Online learning	Multiple choice theory exam	70%
				Level 2 Know How to Support Clients Who Take Part in Exercise and Physical Activity	Online learning	Worksheet	Working document – passed back and forth until it's passed
				Level 2 Health, Safety and Welfare in a Fitness Environment	Online learning	Worksheet	Working document – passed back and forth until it's passed
				Level 2 Planning Group Exercise	Course workbook	Worksheet, participant	Working document –

				to Music Sessions	and on course days	consultation, session plan and formative observation	passed back and forth until it's passed
				Level 2 Instructing Group Exercise to Music Sessions	Course workbook and on course days	Summative observation (practical assessment) and self-evaluation form	Pass
				Level 2 Developing Employability Skills as a Self-Employed Professional	Course workbook and on course days	Portfolio of evidence	Working document – passed back and forth until it's passed
Level 2 Dance Fitness Qualification	Must have prior training in a discipline / style	Level 2 Certificate in Fitness Instructing (ETM), and Level 2 Certificate in Teaching Exercise, Movement and Dance	285	Level 2 Anatomy and Physiology for Exercise	Online learning	Multiple choice theory exam	70%
				Level 2 Principles of Exercise, Fitness and Health	Online learning	Multiple choice theory exam	70%
				Level 2 Know How to Support Clients Who Take Part in Exercise and Physical Activity	Online learning	Worksheet	Working document – passed back and forth until it's passed

				Level 2 Health, Safety and Welfare in a Fitness Environment	Online learning	Worksheet	Working document – passed back and forth until it's passed
				Level 2 Planning Group Exercise to Music Sessions	Course workbook and on course days	Worksheet, participant consultation, session plan and formative observation	Working document – passed back and forth until it's passed
				Level 2 Instructing Group Exercise to Music Sessions	Course workbook and on course days	Summative observation (practical assessment) and self-evaluation form	Pass
				Level 2 Planning and Instructing Exercise, Movement and Dance Sessions	Course workbook	Most of the work for this unit is completed within the work for the Planning and Instructing ETM units above – there are a couple of differences between the questions /	

						assessment criteria for the DFQ students and the ETM students. DFQ students also need to complete an additional worksheet for this unit.	
				Level 2 Developing Employability Skills as a Self-Employed Professional	Course workbook and on course days	Portfolio of evidence	Working document – passed back and forth until it's passed
Level 3 Teaching Exercise, Movement and Dance	None	Level 3 Teaching Exercise, Movement and Dance qualification, plus a certificate in their chosen discipline – FExercise, Medau or KFA	472 (this includes time for the qualification element, plus time for the style specific training)	Level 2 Principles of Anatomy and Physiology	Online learning	Multiple choice theory exam	70%
				Level 3 Applied Human Biology for Exercise and Fitness	Online learning	Multiple choice theory exam	70%
				Level 2 Health and Safety in the Workplace	Online learning	Worksheet	Working document – passed back and forth until it's passed

				Level 2 Planning and Teaching Exercise, Movement and Dance	On course days	Worksheet, participant consultation, session plan, formative observation, risk assessment, session plan, scheme of work, practical observation, summative assessment and session self-evaluation	Working document – passed back and forth until it's passed. The summative observation is a pass
				Level 2 Developing Employability Skills as a Self-Employed Professional	On course days	Portfolio of evidence	Working document – passed back and forth until it's passed

* These are the number of hours Active IQ recommends each student spends on the qualification, but this will vary between students depending on learning style, previous experience etc. The hours include time spent on home study, attendance on the training days, and assessments.