



PURPOSE STATEMENT

Transcend Level 2 Certificate in
Gym Instructing

COMMITTED TO TRANSFORMATION

Qualification status

The Transcend Level 2 Certificate in Gym Instructing is regulated by Ofqual. It is a vocational qualification that sits in sector subject area 8.1: Sport and Recreation. This qualification is developed in partnership with industry specialists [Future Fit Training](#). It is endorsed by [CIMSPA](#) as an industry best practice qualification which is aligned in full to the Gym Instructor Professional Standards. Successful learners are also eligible to receive 10 CIMSPA CPD points.

Ofqual regulation number	603/4213/4	Qualification start date	18 Mar 2019
Guided learning hours	132	Qualification review date	01 Mar 2025
Total qualification time	242	Credit allocation	25

Qualification overview

The aim of this qualification is to develop learner's ability to fulfil the role of a gym instructor. The intent is to enable future gym instructors to maximise their client's experience in the gym environment and influence sustainable positive behaviours. The objective is to provide a benefit to learners by enabling them to **GAIN** and **RETAIN** employment as a gym instructor. Whilst attending the qualification, learners will develop the knowledge and skills to enable them to:

- fulfil the legal and ethical of a gym instructor
- drive behaviour change by maximising the client experience
- drive behaviour change through awareness of healthy lifestyles
- drive behaviour change through awareness of anatomical and movement systems
- drive behaviour change through effective exercise supervision and technique
- fulfil the deployment expectations of a gym instructor in the live gym environment

Successful learners will be able to conduct safe and effective client inductions and consultations. They will be able to use this information to plan, supervise and review the impact of a gym based programme which is uniquely tailored to each client's needs.

Qualification uniqueness

Our version of this qualification is unique. The qualification structure, delivery expectations and assessment strategy are exclusively designed to represent the gym instructor role in a live gym environment. The assessment is also tailored to ensure that the learner is capable of meeting each clients' unique needs. By doing so we believe we can increase industry employer satisfaction, reduce the workforce churn and influence high levels of client retention, achievement and sustainable positive behaviours.

This is the only regulated qualification for gym instructors which offers complementary access to the revolutionary [Archon](#) fitness testing platform for every learner for the duration of their programme.

Qualification learners and benefits

This qualification is for learners who wish to **GAIN** and **RETAIN** employment as a gym instructor. It is for those who wish to empower their clients to engage in sustainable positive behaviours. Successful learners will be competent gym instructors with clear expectations of the gym instructor role. Learners will have the:

OPPORTUNITY to gain free access to the Archon Fitness Platform when on programme
OPPORTUNITY to **GAIN** and **RETAIN** employment as a gym instructor upon completion
OPPORTUNITY to apply for CIMSPA membership upon successful completion
OPPORTUNITY to achieve 10 CIMSPA CPD points upon successful completion.

Learner entry requirements

Prior to registration for the qualification learners are required to:

- be accurately identified
- be at least 16 years of age
- be able to evidence engagement in fitness or physical activity
- be able to communicate effectively in English [reading, speech, listening + writing]

Please be aware that learners must not instruct without direct supervision until they are 18 years of age.

Learner progression opportunities

This qualification is integral to a progressive education and employment pathway for fitness professionals:

Education pathway: This qualification is integral to a progressive education pathway for fitness training professionals. Upon successful completion learners are eligible to progress onto a higher level qualification. The qualifications in the pathway include:

- Transcend Level 2 Certificate in Gym Instructing
- Transcend Level 3 Diploma in Personal Training
- Transcend Level 4 Award in Archon Fitness Profiling
- Transcend Level 4 Certificate in Outdoor Fitness and Bootcamp Training
- Transcend Level 4 Certificate in the Design and Delivery of Physical Activity Programmes for People with Long Term Conditions

Employability pathways: Upon successful completion, learners are eligible to apply to gain employment as a gym instructor.

Qualification providers and benefits

This qualification is designed to be delivered through private education providers, schools, colleges, universities and industry employers such as fitness and leisure providers. It is accessible to any organisation that has the is able to comply with the centre recognition and supplementary qualification conditions. **The benefits for the Transend Recognised Centre Community include:**

FREE Centre Recognition

FREE Centre Extensions

FREE EQA interventions

FREE Delivery Models

FREE Learner Attainment Records

FREE Learner Assessment Portfolios

FREE Learner access to [Archon Fitness Testing Platform](#)

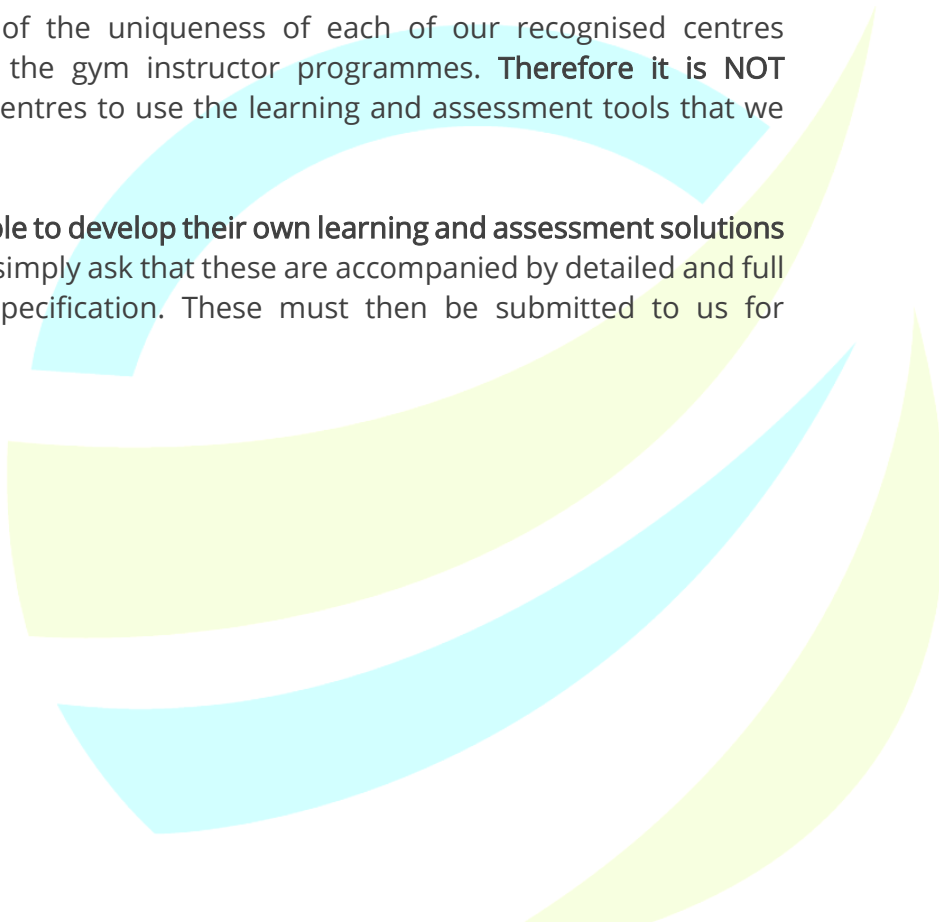
HIGH Value registration fees **ONLY £35 + VAT registration per learner**

We have endorsed Onscreen Learning Solutions as an industry leading EdTech supplier for this qualification. The Onscreen Learning platform embeds both the digital learning experiences and an assessment portfolio that aligns in full to the CIMSPA Professional Standards for Gym Instructor.

Our recognised centres may benefit from use of On Screen Learning's digital learning and assessment tools in their delivery of this qualification. The physical face to face elements can also be tracked via this mechanism. Recognised centres should contact [*On Screen Learning Solutions to discuss their value-added fee structure should they wish to access their Edtech solution.*](#)

We recognise the importance of the uniqueness of each of our recognised centres approaches to the delivery of the gym instructor programmes. **Therefore it is NOT mandatory** for our recognised centres to use the learning and assessment tools that we provide or that we endorse.

Our recognised centres are eligible to develop their own learning and assessment solutions to maintain their own USPs. We simply ask that these are accompanied by detailed and full mapping to the qualification specification. These must then be submitted to us for approval prior to any delivery.



Qualification delivery model

This qualification is designed to be delivered through blended learning techniques. Ideally a combination of eLearning, face to face practical workshops and a placement in a gym should be embedded. A prototype delivery model is provided to our recognised centres. This is fully aligned to the qualification and considers industry employer's needs.

We also accept alternative delivery models which recognised centres design specifically to meet the needs of their own learners. Those that wish to do so to retain their own USPs are encouraged. We simply ask that the delivery model, programme and materials are supported by clear mapping to all aspects of the specification and submitted for awarding organisation approval prior to delivery.

Qualification assessment framework

This qualification is assessed on a **PASS/FAIL** basis. Learners are required to work with real clients in the live the gym environment. They are required to conduct a safe and effective client consultation. They must then design, supervise, adapt and review the impact of a 4-6-week gym programme [minimum 6 sessions] based upon the outcomes of the consultation. The learner must maximise the client's experience and the programme should have a positive impact on their client's behaviours. Learners will use the assessment tools to create a portfolio of evidence.

Learners must then complete an practical assessment which requires them to deliver an induction to a single client under assessor observation. Learners will then participate in a professional discussion to answer questions on any of aspect of the portfolio of evidence and practical observation. This will include identifying how the induction could be adapted for small groups and other individuals. The demonstration and discussion must take 40-60 minutes.

Recognised centres that wish to use their own assessment tools to retain their own USPs are eligible to do so. We simply ask that these are aligned in full to the requirements of the CIMSPA professional standards, mapped to all aspects of the qualification specification and submitted for awarding organisation approval prior to delivery.

Qualification quality assurance

Internal and external quality assurance activities are required to be conducted in accordance with a risk-based approach. This qualification has been assigned a **medium-risk profile** due to its purpose. Quality assurance strategies must include moderation as the centre assessment standards scrutiny [CASS] method for the portfolios, real time practical demonstrations and professional discussions. Moderation is defined as a form of Centre Assessment Standards Scrutiny for assessment which is marked by the centre to ensure that standards have been maintained and to adjust results where they have not. All internal moderation activities must take place prior to the issue of results.

Qualification endorsements



This qualification is awarded by [Transcend](#)

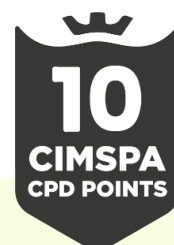


This qualification is developed in partnership with and supported by
[Future Fit Training](#)



This qualification is supported by
[Archon Combine](#)

This qualification is supported by
[On Screen Learning](#)



This qualification is endorsed by [CIMSPA](#) as an industry best practice qualification which is aligned in full to the Gym Instructor Professional Standards. It also endorsed by [CIMSPA](#) as valid CPD.