

# Multi-skilled Activity

## Leadership Level 2 Diploma

### Programme Factsheet

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This added-value qualification is essential for members of staff wanting to become an all-round fitness coach and work confidently in all areas of a multifunctional leisure facility. Learners undertaking this apprenticeship will have the ability to design individually tailored exercise programmes and provide safe and effective exercise instruction on all types of fitness equipment; the expertise to coach group activity sessions to a variety of participants including children and young people; and the skills to confidently work on a reception area and assertively deal with customer questions and new membership enquires.

### Framework Structure

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All learners will need to complete the following mandatory units to achieve their Level 2 NVQ Certificate in Activity Leadership:

- Support the work of the team and the organisation
- Prepare for activity sessions
- Lead activity sessions
- Conclude and review activity sessions
- Promote health, safety & welfare in active leisure and recreation
- Support equality and diversity in active leisure and recreation
- Give customers a positive impression of yourself and your organisation
- Set up, take down and store activity equipment

All learners will need to complete the following mandatory units to achieve their Level 2 Diploma in Active Leisure for Exercise Professional:

- Teamwork in active leisure
- Encourage the adoption of a healthy and active lifestyle
- Anatomy and physiology for exercise
- Know how to support clients who take part in exercise and physical activity
- Health, safety and welfare in a fitness environment
- Principles of exercise, fitness and health
- Planning gym-based exercise
- Instructing gym-based exercise
- Customer care and diversity in active leisure
- Developing self in an active leisure job role
- Providing a reception service
- Health, safety, security and welfare in active leisure
- Delivering sessions for adolescents
- Understand the sales process
- Principles of anatomy and nutrition for exercise and health

All learners will need to achieve the following:

- Functional Skills in English L1/L2
- Functional Skills in Maths L1/L2

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**Principles of anatomy and nutrition for exercise and health & Anatomy and physiology for exercise:**

The aim of these two anatomy and physiology units is to develop an understanding of how the muscular, cardio-respiratory, skeletal and nervous systems work together to enable movement and how they adapt to short and long term exercise.

**Core units (Principles of exercise, fitness and health, health, safety and welfare in fitness environment & Know how to support clients who take part in physical activity):**

Together these units provide learners with the underpinning knowledge needed to work safely and effectively in a fitness environment. Learner's will understand how best they can support their clients and advise them on the benefits of physical activity and a healthy eating pattern.

**Planning gym based exercise:**

Develop the skills to be able to conduct a thorough consultation session with clients and design and adapt physical activity sessions to meet their individual needs and goals.

**Instructing gym based exercise:**

Develop the skills to instruct individuals on how to set up equipment safely and effectively, to use correct technique, and to work at the appropriate intensity.

**Encourage the adoption of a healthy lifestyle:**

Understand the importance of healthy and active lifestyles, and explore the main barriers to uptake and adherence of a healthy and active lifestyle.

**Developing self in active leisure job role:**

Understand how to improve personal performance and create own personal development plan.

**Customer care and diversity in active:**

Develop the knowledge and skills to provide excellent customer care and respond to customer needs and difficulties

**Providing a reception service:**

A combination of two units to develop the skills and knowledge to welcome customers into the facility and deal with any bookings and enquiries.

**Health, safety and equipment maintenance:**

A combination of two units to develop an understanding of the hazards, security procedures and safeguarding responsibilities within leisure facilities. In addition to this how to set up, take down, store and routinely maintain equipment.

**Understand the sales process:**

Develop an understanding of how to conduct successful membership sales tours, stock rotation and the point of sale area.

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### Team work in active leisure:

Develop the skills required to be an effective team worker and support the work of leisure organisations.

### Support the work of the team and the organisation:

Learners will know how to improve their work through reviewing colleague, peer and customer feedback. They will work with colleagues to identify how services can be improved and assist in implementing these changes.

### Prepare, lead, conclude and review activity sessions:

Learners will be able plan activity sessions that meet the needs and motivation of participants and prepare the necessary equipment and facilities whilst ensuring in a safe condition for use. They will have the skills to coach activity sessions using appropriate behaviour management techniques and levels of supervision. Finally they will be able to effectively bring sessions to an end, ensuring that all equipment and facilities are dealt with and participants are encourage to provide feedback.

### Promote health, safety and welfare and support equality and support equality and diversity:

Learners will know how to deal with injuries and signs of illness, be able to control risk in the workplace and know what to do in the event of an emergency. They will also work in a way that treats people equally and respects diversity and promotes the safeguarding and protection of children and vulnerable adults

### Give customers a positive impression of yourself and your organisation:

Learners will be able to establish rapport with customers and communicate in a way that makes them feel valued and respected. They will understand their organisations standards for appearance and behaviour and know how to respond appropriately to customer needs and difficulties.

### Set up, take down and store activity equipment:

Learners will understand the importance of maintaining equipment and facilities to a safe standard and ensuring that it is safe for use and fit for purpose. They will confidently follow standard operating procedures when setting up, taking down and storing equipment and will know what to do and how to deal with any damaged equipment or facilities.