

Candidates will learn:

- Exercise and fitness knowledge
- Basic principles of Yoga, Gym-Based or Group Exercises
- How to plan, teach and evaluate a session
- How to progress a programme of exercises
- How to motivate and support clients



Instructing Physical Activity and Exercise NVQ Level 3

Mandatory Units

- Collect and analyse information to plan a progressive physical activity programme
- Plan, review and adapt a progressive physical activity programme
- Plan and instruct specific physical activities
- Provide motivation and support to clients during a progressive physical activity programme
- Apply the principles of nutrition and weight management to a progressive physical activity programme *
- Manage, evaluate and improve own performance in providing physical activity

* **Optional unit for the Yoga award**

Optional Units—none are required to be completed in order to achieve the NVQ, however optional units may be completed to broaden candidates skills.

- Adapt a physical activity programme to the needs of older adults
- Adapt a physical activity programme to the needs of disabled clients
- Adapt a physical activity programme to the needs of pre- and post-natal clients
- Integrate core stability and flexibility exercises into a physical activity programme
- Design and implement a physical activity programme for children and young people
- Adapt a physical activity programme to a specific sport
- Plan and deliver personal training
- Design, agree and adapt a physical activity programme with referred patients/clients
- Plan, market and sell services

