

Instructing Exercise and Fitness

Level 2

NVQ code: Q5000087

Please refer to the Edexcel NVQ Portfolio – Accreditation Listing on the Edexcel website for the current accreditation expiry date for these NVQ units

Type of unit	Unit Code	Unit Title
Mandatory	U1027677	Deal with accidents and emergencies
Mandatory	U5000756	Evaluate coaching sessions and develop personal coaching practice
Mandatory	U5000762	Support participants in developing and maintaining fitness
		Group exercise with music
Optional A:	U5000760	Plan and prepare a group exercise with music session
Optional A:	U5000761	Instruct a group exercise with music session
		Gym-based exercise
Optional B:	U5000758	Plan and prepare a gym-based exercise session
Optional B:	U5000937	Instruct a gym-based exercise session
		Water-Based Exercise
Optional C:	U5000757	Plan and prepare a water-based exercise session
Optional C:	U5000759	Instruct a water-based exercise session

Minimum units required:

All three Mandatory Units and both optional units from one of the optional groups are required for successful completion of this NVQ.