



Children's Fitness Instructor

Course Guide

Thank you for your interest in the Children's Fitness Instructor course with Amac. Within this course guide, you will find information on the different parts of the course.

If you need further information then visit our website or ring 01227 831 840 or via email on info@amactraining.co.uk.

Course Package

- Children's Fitness Instructor

Pre requisites

Over 16

Objectives of Course

By the end of the course, you will have the knowledge, understanding and skills to plan and instruct exercise and physical activity for children. The content reflects what an individual needs to know in order to function effectively as an instructor of children aged from 5 to 16 years old.

Qualification Units

- Anatomy and Physiology for Exercise (mandatory)
- Health, Safety and Welfare in a Fitness Environment (mandatory)
- Principles of Exercise, Fitness and Health (mandatory)
- Know How to Support Clients Who Take Part in Exercise and Physical Activity (mandatory)
- Planning health-related exercise and physical activity for children
- Instructing health-related exercise and physical activity for children



Note: There are 4 mandatory units to the Certificate in Fitness Instruction, this is the same for disciplines in gym, ETM, Aqua or Children's instructor certificates. These units are studied online.

Certification

Upon completing the personal trainer course with Amac, you will receive the following certification:

- Central YMCA Qualification Level 2 Certificate in Fitness Instruction (Instructing Health-Related Exercise for Children)

01227 831 840

www.amactraining.co.uk



Level 2 Anatomy and Physiology

Course Information



Introduction

This unit covers the knowledge an instructor needs about basic anatomy and physiology relating to exercise programming for apparently healthy adults of all ages.

Format

This is an online theoretical part of the course which is one of the four accredited units of the qualification. You will receive log in details to Learnstream so that can start learning straight away. If you book online, this is emailed minutes after you have booked.

Content

Understand the structure and function of the circulatory system

You will be able to:

- Identify the location of the heart
- Describe the function of the heart
- Describe how blood moves through the four chambers of the heart
- Describe the systemic and pulmonary circulation
- Describe the structure and functions of blood vessels
- Define blood pressure
- Identify blood pressure classifications

Understand the structure and function of the respiratory system

You will be able to:

- Identify the location of the lungs
- Describe the function of the lungs
- Describe the structure of the lungs
- Identify the main muscles involved in breathing
- Describe the passage of air through the respiratory tract
- Describe the process of gaseous exchange of oxygen and carbon dioxide in the lungs
- Describe the effects of age, pregnancy and disability on the cardiovascular and respiratory systems

Understand the structure and function of the skeleton

You will be able to:

- Describe the basic functions of the skeleton
- Identify the structures of the axial skeleton
- Identify the structures of the appendicular skeleton
- Describe the structure and function of the spine and the range of possible

Level 2 Anatomy and Physiology



Course Information

Content continued..

- Explain the classification of bones
- Explain the structure of long bone
- Explain the stages of bone growth

Understand joints in the skeleton

You will be able to:

- Describe the classification of joints
- Describe the structure of synovial joints
- Describe the types of synovial joints and their range of motion
- Describe joint movement potential and joint actions

Understand the muscular system

You will be able to:

- Identify the three types of muscle tissue
- Define the characteristics and functions of the three types of muscle tissue
- Describe the basic structure of skeletal muscle
- Identify how muscles attach to the skeleton
- Name and locate the anterior skeletal muscles
- Name and locate the posterior skeletal muscles
- Describe the structure and function of the pelvic floor muscles
- Describe the different types of muscle action
- Identify skeletal muscle fibre types and their characteristics
- Identify the joint actions brought about by specific muscle group contractions
- Describe factors affecting the muscular system for age, pregnancy and disability

Understand the life-course of the musculoskeletal system and its implications for special populations exercise

You will be able to:

- Describe the life-course of the musculoskeletal system, including bone, and its implications for working with different client groups.

Understand energy systems and their relation to exercise

- Describe how carbohydrates, fats and proteins are used in the production of energy
- Explain the use of the three energy systems during aerobic and anaerobic respiration
- Describe the effects of age, pregnancy and disability on the energy systems

Level 2 Anatomy and Physiology

Course Information

Content Continued

Understand the nervous system and its relation to exercise

You will be able to:

- Describe the role and functions of the nervous system
- Describe the principles of muscle contraction
- Describe the 'all or none law'/motor unit recruitment
- Describe how exercise can enhance neuromuscular connections and improve motor fitness



Assessments

Externally set and assessed theory test in the form of a multiple choice written theory paper, externally set and marked by CYQ.

The time allocation for the theory paper is 50 minutes. The time allocation for the theory paper is 50 minutes. The theory paper will comprise of 40 questions where learners must achieve a minimum of 28 marks overall to pass.

When you are ready to sit the exam, call or email and you will be advised on what dates and venues are available. There is also a mock paper that can be attempted to help you decide if you are ready for the exam.

Certification (Mandatory Unit 1)

Anatomy and physiology for exercise (This unit is part of the Certificate in Fitness Instruction)

Level 2 Working in the Fitness Environment



Course Information



Introduction

This aim of this unit is to provide the learner with the knowledge and understanding that instructors need to maintain health, safety and welfare in a variety of fitness environments, including the safeguarding of children and vulnerable adults.

Format

This is an online theoretical part of the course which is one of the four accredited units of the qualification. You will receive log in details to Learnstream so that can start learning straight away. If you book online, this is emailed minutes after you have booked.

Content

Health, Safety and Welfare in a Fitness Environment cover the following:

- Understand emergency procedures in a fitness environment
- Understand health and safety requirements in a fitness environment
- Understand how to control risks in a fitness environment
- Understand how to safeguard children and vulnerable adults



Assessments

Assessment 1 – Worksheet

Learners are required to complete the Health, Safety and Welfare in a Fitness Environment worksheet successfully. This can be completed as part of a course or as part of summative assessment.

Learners are required to achieve a minimum of 70% of total marks in order to pass this worksheet.

Certification (Mandatory Unit 2)

Health, Safety and Welfare in a Fitness Environment (This unit is part of the Certificate in Fitness Instruction)

Level 2 Principles of Exercise



Course Information



Introduction

This unit covers knowledge an instructor needs to programme safe and effective exercise for a range of clients, the health benefits of physical activity and the importance of healthy eating.

Format

This is an online theoretical part of the course which is one of the four accredited units of the qualification. You will receive log in details to Learnstream so that can start learning straight away. If you book online, this is emailed minutes after you have booked.

Content

Principles of Exercise, Fitness and Health cover the following:

- Understand the effects of exercise on the body
- Understand the components of fitness
- Understand how to apply the principles and variables of fitness to an exercise programme
- Understand the exercise contraindications and key safety guidelines for special populations
- Understand how to safely monitor exercise intensity
- Understand the health benefits of physical activity
- Understand the importance of healthy eating



Assessments

Assessment Element 1: Theory Paper

Externally set and assessed theory test in the form of a multiple choice written theory paper, externally set and marked by CYQ. Questions will relate to the underpinning knowledge listed for the Level 2 Principles of Exercise, Fitness and Health.

The time allocation for the theory paper is 50 minutes. The theory paper will comprise of 40 questions where learners must achieve a minimum of 28 marks overall to pass.

Certification (Mandatory Unit 3)

Principles of Exercise, Fitness and Health (This unit is part of the Certificate in Fitness Instruction)

Level 2 Supporting Clients



Course Information



Introduction

This unit covers the learner's ability to have the necessary knowledge and skills required to communicate with their clients effectively, and motivate their clients to adhere to an exercise programme. Learners will apply the knowledge and skills they have learned to provide a more client focused approach to their training.

Format

This is an online theoretical part of the course which is one of the four accredited units of the qualification. You will receive log in details to Learnstream so that can start learning straight away. If you book online, this is emailed minutes after you have booked.

Content

Know How to Support Clients Who Take Part in Exercise and Physical Activity cover the following:

- Understand how to form effective working relationships with clients
- Understand how to address barriers to exercise that clients experience
- Understand how to support clients to adhere to exercise
- Understand how to provide ongoing customer service to clients



Assessments

Assessment 1 – Worksheet

Learners are required to successfully complete the Client Communication and Motivation worksheet. This can be completed as part of a course or as part of the summative assessment.

Learners are required to achieve a minimum of 70% of total marks in order to pass this worksheet.

Certification (Mandatory Unit 4)

Know How to Support Clients Who Take Part in Exercise and Physical Activity (This unit is part of the Certificate in Fitness Instruction)

Level 2 Planning & Instructing Exercise for Children

Course Information



Introduction

This unit covers the skills and knowledge that instructors need to plan structured health related exercise and physical activity for apparently healthy children in the age range 5–16 inclusive. Instructors will need specific knowledge about child development and the appropriateness of different activities to different groups. They will also need to demonstrate a good understanding of children's needs and how to safeguard their health, safety and welfare. Instructors must also take account of guidelines from relevant national bodies and their own prior experience then planning and preparing sessions.

Format

This is covered on a 2 day course when you will be given a comprehensive manual. You will receive details of the course dates and times that you booked onto, along with a timetable.

Content

Planning health-related exercise and physical activity for children

- Understand how to collect relevant information to plan health related exercise/physical activity for children
- Be able to collect relevant information to plan safe and effective exercise/physical activity for children
- Understand how to use information to plan health related exercise/physical activity for children
- Understand how to plan safe and effective exercise/physical activity for children
- Be able to plan safe and effective exercise/physical activity for children

Instructing health-related exercise and physical activity for children

- Understand how to collect relevant information to plan health related exercise/physical activity for children
- Understand the principles of motivating children to adhere to exercise/physical activity
- Be able to prepare children for exercise/physical activity
- Be able to instruct exercise/physical activity to children
- Be able to support children to take part in exercise/physical activity
- Be able to bring an exercise/physical activity session to an end
- Be able to reflect on providing health related exercise/physical activity for children

Level 2 Planning & Instructing Exercise for Children



Course Information

Assessments

Students will need to video their practical assessments which will be submitted in DVD format.

Assessment Element 1 - Session Plans

Two session plans, one for each of the following age groups:

- 5–11 (which can be further broken down into 5–7, 8–11)
- 12–15

One session plan will relate to the summative practical session (Assessment Element 3) and will require a full session plan and session overview relating to the venue in which it is delivered.

One session plan (or session planning notes) will relate to the continuous assessment element (Assessment Element 2) – or parts thereof – and will demonstrate the learner's ability to plan appropriate activities – warm up, main activities, cool down – for the chosen age group.

Assessment Element 2 - Continuous Assessment Element

Direct observation of:

A practical health-related exercise class for a chosen age group:

- 5–11 (which can be further broken down into 5–7, 8–11)
- 12–15
 - Warm up
 - Main activities
 - Cool down

Assessment Element 3 - Summative Practical Session

Direct observation/video assessment of:

A practical health-related exercise session for a group of children based on the chosen age group session plan (Assessment Element 1).

The session must include:

- Evidence of screening
- Clear registration of children
- All planned components:
 - Warm up
 - Main activities
 - Cool down

Ending the session

Assessment Element 4 - Reflecting on instructing health-related exercise to children

Self evaluation

Certification (Units)

- Planning health-related exercise and physical activity for children (This unit is part of the Certificate in Fitness Instruction (Children))
- Instructing health-related exercise and physical activity for children (This unit is part of the Certificate in Fitness Instruction (Children))