

# Qualification factsheet

## Qualification overview

This qualification has been mapped to the CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) Core Group Exercise Instructor Professional Standard.

This qualification is endorsed by CIMSPA and can contribute towards annual CPD.

This qualification is suitable for use within a Study Programme.

<b>Qualification title</b>	Level 2 Award in Instructing Suspension Training		
<b>Qualification number (QN)</b>	603/3937/8		
<b>Total qualification time (TQT):</b>	58	<b>Guided learning hours (GL)</b>	48
<b>Entry requirements:</b>	Learners must have achieved a suitable Level 2 Fitness or Gym Instructing qualification before enrolling onto this qualification.  Entry is at the discretion of the centre. However, learners should be aged 16 or above to undertake this qualification.		
<b>Grading</b>	Achieved/Not Yet Achieved		

## About this qualification

This qualification is suitable for learners aged 16 or above and is aimed at existing gym instructors who wish to expand their current skills to offer suspension training sessions. It may also be suitable for learners who wish to work in the exercise and fitness industry, who are working towards a gym instructor qualification and would also like to offer these training sessions.

It allows learners to develop the skills and knowledge to plan and instruct safe and effective suspension training sessions.

## Qualification structure

To be awarded this qualification, learners are required to successfully complete both mandatory units.

### Mandatory units

01 Planning suspension training sessions
02 Instructing suspension training sessions

## Assessment

This is a knowledge-based qualification which has an internally assessed and externally quality assured portfolio of evidence

## **NCFE workbook**

There is an optional NCFE workbook which covers Unit 01 in this qualification. This document can be downloaded free of charge from the NCFE website.

## **Progression opportunities**

The objectives of this qualification are to:

- develop learners' skills and knowledge to be able to plan and instruct safe and effective suspension training sessions
- give learners the essential skills and knowledge to work as a suspension training instructor.

Learners who achieve this qualification could progress to:

- Level 2 Award in Instructing Circuit Training
- Level 2 Award in Instructing Kettlebell Training
- Level 2 Award in Instructing Group Cycling
- Level 2 NVQ Diploma in Instructing Exercise and Fitness
- Level 3 Diploma in Personal Training.

It may also be useful to learners studying qualifications in the following sectors/areas:

- exercise and fitness
- sport.

Learners who achieve this qualification could progress into employment or self-employment as a suspension training instructor.



## Contact us

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