

UK LEVEL 2

**(European Qualifications Framework
EQF Level 3)**

Occupational Descriptor

Occupation Title

Group Exercise to Music Instructor

Occupational Description

A Group Exercise to Music Instructor's role includes the planning, instructing and evaluation of exercise to music sessions via a range of activities, including (but not limited to) Aerobics (Exercise to Music), Step, Body Conditioning and Circuit Training. An Exercise to Music instructor should also actively encourage class members to adhere to regular group fitness sessions, employing appropriate motivational strategies to achieve this.

Occupational Roles

The Group Exercise to Music Instructor should be involved in:

1. Planning, instructing and evaluating safe and appropriate exercise to music sessions
2. Planning and delivering a variety of exercise to music sessions, including (but not limited to) Aerobics (Exercise to Music), Step, Body Conditioning and Circuit Training
3. Selecting relevant exercises and designing appropriate exercises/routines which address safety at all times
4. Using logical and progressive teaching methodology to develop choreography and build routines effectively
5. Developing routines that build up in a progressive fashion, to ensure that class members experience a sense of achievement
6. Demonstrating a variety of choreographic methods to keep class members interested and motivated
7. Planning routines, using the structure of the music, to create the content for all components of the session
8. Use the music tempo and structure to develop choreography in a progressive manner
9. Providing adaptations and alternatives throughout sessions to allow for individual differences
10. Monitoring class members, correcting and praising technique where appropriate
11. Motivating class members using appropriate techniques in order to promote retention and adherence to exercise
12. Acting as a positive role model for all class members and staff
13. Demonstrating a positive attitude to ensure that class members feel welcome at all times

14. Proactively developing and maintaining the highest standards of customer care in order to facilitate the retention of clients/members
15. Promoting healthy activities and related strategies for daily living to class members
16. Monitoring and assisting in the upkeep of the environment and studio fitness equipment
17. Reflecting on own performance in order to enhance personal development
18. Working within the parameters given at Level 2, recognising the standards and professional limitations that this provides
19. Making the appropriate decisions relating to class members and their goals and, where required, refer to appropriate members of staff for guidance and support

Occupational Competence

L2 Group Exercise to Music Instructors should:

1. Be aware of their professional role boundaries as listed....
2. When necessary, and within the limits of their knowledge and competence, adapt a general session to accommodate the needs of special population clients*.
3. Instructors should give guidance to encourage special population clients* to follow the key safety guidelines and discourage them from anything deemed to be potentially hazardous/contraindicated to enable them to take part in sessions.

*Special population clients including:

- 14-16 year old young people
 - disabled people
 - older people (50+)
 - ante and postnatal women
4. Get advice from another appropriate professional if there are any objectives, physical activities or risks that fall outside their professional boundaries or that they do not feel competent to deal with and/or refer on to the appropriate person.

L2 Group Exercise to Music Instructors should NOT:

1. Instructors who do not possess the appropriate special population qualification/s (in older adults, ante/postnatal women and disabled people) are NOT qualified to:

- Be a specialist instructor in the area of special populations, or advertise as such
 - Instruct special population clients 1:1 or in groups on a regular or progressive basis
 - Plan a progressive, long-term special populations exercise or physical activity programme
 - Play any role in exercise or physical activity programming or monitoring in condition management on a 1:1 or group basis. (For this, a Level 3 Exercise Referral qualification is required and for certain conditions, where national occupational standards are in place, a Level 4 qualification).
2. Prescribe any form of exercise session or individual exercise that they have not been trained to deliver/teach effectively.
 3. Instruct exercise in disciplines in which they are not qualified or where they do not hold appropriate endorsed training (e.g. a Level 2 fitness instructor should not 'cover' an ETM class or a spinning class if they do not hold the appropriate certificates).
 4. Provide prescriptive nutritional advice or develop bespoke individualised nutrition plans for clients.