

UK LEVEL 2
(European Qualifications Framework
EQF Level 3)

Occupational Descriptor

Occupation Title

Physical Activity Instructor for Children

Occupational Description

A physical activity instructor for children is responsible for the planning, instructing and evaluation of group activities for children aged between 5 and 16 years old via a range of activities, including (but not limited to) creative play, games providing basic skills for various sports, general exercise to promote a healthy lifestyle. A physical instructor for children is responsible for encouraging children of all ages to adhere to activities that promote exercise and a healthy lifestyle, employing motivational strategies to achieve this.

Occupational Role

The physical instructor for children is responsible for:

1. Planning, instructing and evaluating safe and effective activity sessions for children of all ages
2. Planning and delivering a variety of activity sessions appropriate for the age range of the group, including (but not limited to) creative play, sports based sessions, general exercise and healthy lifestyle sessions
3. Selecting relevant activities and exercises and designing appropriate exercises/games to maximise safety and effectiveness, taking into consideration the age range of the group
4. Ensuring each session is progressive so that the children experience a sense of achievement in accordance with their age and ability
5. Providing adaptations and alternatives throughout sessions to allow for individual differences
6. Motivating children in a fun environment to ensure that they return to future sessions and adhere to a healthy lifestyle
7. Acting as a positive role model for all children to look up to
8. Demonstrating a positive and fun attitude to ensure that the group feel welcome and at ease at all times
9. Be aware of and sensitive to the different needs of children at different ages and adapt activities accordingly
10. Liaise with the parents of the children participating and keeping them informed of the activities planned and the benefits of a healthy lifestyle
11. Proactively developing and maintaining the highest standards of customer care to ensure the retention

12. Acting as cover for another instructor working with children if required, according to the needs of the programme
13. Promoting activities for daily living to the group and their parents.
14. Monitoring and assisting in the upkeep of the environment and any equipment used
15. Ensuring a duty of care to the group and their parents
16. Ensuring that all personal CRB checks are undertaken prior to instructing children and are kept up to date
17. Ensuring that all health and safety guidelines appropriate to children of all ages are adhered to
18. Reflecting on own performance to enhance personal development
19. Keeping up to date with health and fitness industry developments especially in relation to children to ensure high standards and appropriate activities are selected that meet the groups needs in the short, medium and long term
20. Working within the parameters given at Level 2, recognising the standards and professional limitations that this provides
21. 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 Physical Activity Instructors for Children should:

1. Be aware of their professional role boundaries as listed.
2. Plan, instruct and evaluate group physical activities for:
 - apparently healthy children aged between 5 and 16 years old
 - children with disabilities, ensuring reasonable adaptations to sessions and programmes are in place
3. 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 Physical Activity Instructors for Children 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.