

UK LEVEL 2

(European Qualifications Framework EQF Level 3)

Occupational Descriptor

Occupational Title

Gym Instructor

Occupational Description

A fitness instructor's role includes planning, instructing and evaluating gym based inductions and ongoing client/member programmes. They should also assist more qualified instructors in the delivery of personal training programmes. A fitness instructor should also actively encourage potential clients/members to join and adhere to regular exercise programmes, employing appropriate motivational strategies to achieve this.

Occupational Roles

The fitness instructor should be involved in:

1. Collecting and checking information relating to individual clients
2. Analysing information relating to individual clients
3. Identifying and agreeing basic short, medium and long term goals
4. Planning, instructing and evaluating safe and appropriate gym based exercise sessions
5. Providing one-to-one or group inductions and general exercise programmes, including the introduction to new equipment where appropriate
6. Selecting relevant exercises and designing appropriate programmes which address safety at all times
7. Producing suitable programme cards for a range of clients/members
8. Suggesting relevant exercise adaptations to allow for individual client differences or needs
9. Using logical and progressive teaching methodologies to introduce a range of exercises in relation to clients goals
10. Selecting and/or correctly demonstrating a variety of cardiovascular and resistance training methods that can be used by clients/members
11. Providing clients/members with general advice on how to progress their individual programmes
12. Observing clients/members at all times in order to correct unsafe technique where required
13. To positively interact and motivate clients/members using appropriate strategies in order to promote retention and adherence to exercise.
14. Acting as a positive role model at all times for all clients/members and staff
15. Proactively developing and maintaining high standards of customer care in order to facilitate the retention of clients/members

16. Promoting healthy activities and related strategies for daily living to clients/members
17. Monitoring maintenance schedules and assisting in the upkeep and cleanliness of the environment and all associated gym equipment
18. Working within the parameters given at Level 2, recognising the standards and professional limitations that this provides, referring to appropriate members of staff for guidance and support

Occupational Competence

L2 Gym 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. 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 Fitness 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 medical 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.