

Course Overview



YMCA Awards Level 2 Award in Water Based Exercise

Who is this qualification for?

The YMCA Awards Level 2 Certificate in Fitness Instructing – *Water-Based Exercise* is widely recognised as the industry's minimum requirement to practise as a water-based exercise instructor. This course is ideal for those who want to develop the knowledge, understanding, and technical skills needed to deliver safe and effective exercise sessions in a water environment, including shallow pool-based classes such as aqua aerobics. This qualification is specifically designed for individuals aged 16+ and is based on National Occupational Standards (NOS). It is recognised by the Register of Exercise Professionals (REPs) and employers as the minimum entry requirement. It also serves as a pathway to further learning in the health, fitness, or active leisure industries. Current employment or work placement is not required to undertake this qualification.

Candidates must meet the following criteria as prerequisites:

Learners need to be aged 16+. Level 2 Fitness Instructor qualification.
If the learner does not hold this qualification then they must attend an anatomy and physiology course before enrolling.

What does this qualification cover?

Water-Based Exercise Specialism

Learners will gain knowledge and practical skills required to plan, deliver, and evaluate water-based exercise sessions for apparently healthy adults. The course covers:

- Benefits and considerations of exercising in water
- Planning and structuring aqua sessions
- Safe and effective use of equipment such as dumbbells and noodles
- Teaching choreography, aerobic and resistance exercises in water
- Adapting exercises for special populations (e.g., older adults, pre/post-natal)
- Monitoring intensity and ensuring safety in aquatic environments

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment as a Fitness Instructor within the chosen discipline. Learners who complete this qualification are eligible to join the Register of Exercise Professionals (REPs) as a Level 2 member, specialising in their area of expertise. Potential roles at this level could include:

- Gym instructor – carrying out gym inductions and writing health-related gym programmes for gym members
- Aerobics or studio instructor – teaching a range of classes eg, cardio/body conditioning.

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The qualification enables the instructor to then take short courses to further enhance the range of classes they can offer such as Step, TRX etc.

- Aqua aerobics instructor – delivering water-based aerobics sessions in shallow water pools
- Children's exercise and physical activity instructor – delivering fun activity sessions which could form part of school extra-curricular clubs or be delivered in other community settings and leisure centres

The above job roles are found in a range of settings:

- Gyms
- Health clubs
- Leisure centres/pools
- Community centres
- Schools

Progression to further/higher level learning

This qualification enables progression to:

- Level 3 Certificate in Personal Training
- Level 3 Diploma in Exercise Referral
- YMCA Awards Level 3 Diploma in Teaching Pilates or Yoga
- Level 2 NVQ Diploma in Instructing Exercise and Fitness
- Apprenticeships in Exercise and Fitness

Who supports this qualification?

This qualification is supported by REPs, (the Register of Exercise Professionals), an independent public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. One of their key functions is to provide a system of regulation for instructors and trainers to ensure that they meet the Health and Fitness Industry's agreed National Occupational Standards.

To gain recognition by the Register of Exercise Professionals, instructors must provide evidence that they meet the National Occupational Standards that underpin the YMCA Awards Level 2 Certificate in Fitness Instructing. These standards are produced by Skills Active the Sector Skills Council for Active Leisure & Wellbeing, who represent the needs of the industry agreed by employers and other stakeholders. You can find out more about REPs here:

<http://www.exerciseregister.org/>

Course Delivery Sessions

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You must attend 100% of classroom, online classroom sessions and practical sessions as well as submit all homework and coursework on time for marking to complete the course successfully.

Course Dates can be found on the website and for course timings please request at info@tritontraining.co.uk.

**Please note that timings and delivery method may be subject to change. Any changes will be communicated to the learners in good time.*

