

Level 2

Award in Step Exercise to Music

At a glance

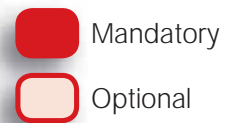
Structure:

Plan and Prepare a Step Exercise to Music Session

Instruct a Step Exercise to Music Session

Evaluate a Step Exercise to Music Session

Total guided learning hours: 30



In detail:

This qualification is particularly relevant for individuals already instructing who wish to improve their knowledge and skills to enable them to deliver step exercise to music sessions. It is also relevant for those already running such sessions without a formal qualification.

Candidates will learn:

- How to plan, teach and evaluate a safe and effective step exercise to music session
- Appropriate health and safety considerations
- Step exercise to music training approaches and techniques
- How to set up a class

Prerequisites:

Candidates must be in possession of a CYQ Level 2 Certificate in Fitness Instructing qualification, or other qualification recognised by the National Qualifications Framework (NQF).
(see www.accreditedqualifications.org.uk)

Candidates holding non NQF certificates may be considered for this qualification. However, training providers must apply APA or APL as appropriate to ensure that the requirements of the prerequisites are met. All evidence of APA and APL must be available to the CYQ external verifier upon request.

NB: It is the responsibility of the training provider to ensure that all candidates meet the prerequisites prior to assessment of this qualification. CYQ is unable to certificate unless the prerequisites are met.

It is recommended that centres offering this qualification should have access to an appropriate practical facility and that all courses leading to the certificate should be run with a practical bias.

Assessment:

Internally assessed via:

- Lesson plans
- Practical (using standardised marking criteria set by CYQ)
- Evaluation

QCA information:

Qualification accreditation number: 100/5783/3
Accreditation start date:.....01 November 2005
Accreditation end date:..... 31 October 2010
Certification end date:..... 31 October 2012

Mandatory units:

Unit title	Unit no.	QCA unit code
Plan and Prepare a Step Exercise to Music Session	01	F/103/5454
Instruct a Step Exercise to Music Session	02	J/103/5455
Evaluate a Step Exercise to Music Session	03	L/103/5456

REPs:

- REPs points: 20

