

YMCA Award in Anatomy, Physiology and Fitness Principles for EMD UK Professional Membership Level 2



In a nutshell

The qualification will allow learners who have studied non-regulated or non-licensed group exercise programmes to gain the additional knowledge required to meet the minimum requirements for EMD UK membership.

The EMD (Exercise Music and Dance) is the National Governing Body for Group Exercise.

This course is for...

Learners who have studied non-regulated or non-licensed group exercise programmes to gain the additional knowledge required to meet the minimum requirements for EMD UK membership. This includes:

Gaining essential foundation knowledge of the structure and function of the body systems relevant to exercise and fitness instruction.

Applying their knowledge to support the planning of safe and effective exercise sessions.

Gaining essential foundation knowledge regarding the role of physical activity, exercise, and

different training approaches to develop fitness and health.

Course content

The learner must complete all mandatory units. This qualification is made up of 2 mandatory units. The learner will gain 11 credits on completion of the mandatory units, including:

The Fundamentals of anatomy and physiology for exercise and fitness professionals.

The principles of physical activity, exercise, and fitness.

The Anatomy and Physiology units including; classification, structure, function of the skeletal system, the muscular system, the respiratory system, the nervous system, the circulatory system, the endocrine system, the digestive system, the energy systems, lifespan changes which affect the body system, health and wellbeing and the effects of exercise on the anatomical and physiological systems.

Entry Requirements

Learners must be aged 16 plus at the point of certification.

Before starting this qualification, learners must have previously completed a non-regulated or licensed group exercise programme enabling them to deliver pre-choreographed group exercise classes. The main purpose of the qualification is to support individuals into work.

This qualification can lead to further training at the same level to gain employment to deliver a broader range of exercise genres and increase scope of practice. For example:

Occupational specialisms (this means they meet the agreed industry prerequisites to enter the sport and physical activity sector as an employed or self-employed Gym Instructor, Group Exercise Instructor and/or Personal Trainer, depending on the qualification completed):

YMCA Level 2 Certificate in Exercise and Fitness: Group Exercise Instructor

Freestyle exercise to music

Studio resistance training

Step exercise to music

Water-based exercise

Circuit training

Group indoor cycling



COURSE INFORMATION LEAFLET

Fitness walking

Technical specialisms (to perform additional roles within the workplace):

YMCA Level 2 Award in Mental Health Awareness and Understanding Approaches to Support Individuals

YMCA Level 2 Award in Safeguarding Adults and Adults at Risk

YMCA Level 3 Award in Emergency First Aid at Work

YMCA Level 3 Award in First Aid at Work

Completion of an occupational entry qualification can lead to further training at a higher level to specialise or further increased scope of practice.

Additional information

Apply online at www.coleggwent.ac.uk

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