

Module code: MOD006514	Version: 3 Date Amended: 15/Jul/2020
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1. Module Title
Gym Instructor

2a. Module Leader
Andrew Morrison

2b. School
School of Psychology, Sport and Sensory Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
4

3b. Module Type
Placement (pass/fail)

4a. Credits
0

4b. Study Hours
30

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisite:	MOD007155	Multidisciplinary Sport and Exercise Science 1	Compulsory
Co-requisite:	MOD007156	Multidisciplinary Sport and Exercise Science 2	Compulsory
Co-requisite:	MOD007157	Introduction to Sports Coaching and Development	Compulsory
Co-requisite:	MOD007158	Practical Delivery of Sport and Physical Education	Compulsory
Exclusions:	None		
Courses to which this module is restricted:	BSc (Hons) Strength and Conditioning with Rehabilitation, BSc (Hons) Sport and Exercise Sciences, BSc (Hons) Sports Coaching and Physical Education		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description
<p>A Level 2 Gym Instructor qualification is a basic requirement for those wishing to work in the health and fitness industry. Gaining this qualification gives employers and the public, assurance of competence in the chosen vocational area. This module provides the opportunity to combine the knowledge you gained during other level 4 modules and also gain a vocational qualification in gym instruction. You will combine learning from other level 4 modules with knowledge and skill specific to gym instruction. This will include devising and delivering basic exercise programmes and delivering an exercise session.</p> <p>This module will be delivered primarily via practical sessions in order to prepare you for this vocational award.</p>

6b. Outline Content

- Devising and delivering basic exercise programmes
- Maximising customer experience
- Safe use and/or maintenance of:
 - Cardiovascular exercise equipment
 - Fixed weight resistance machine
 - Free weights
 - Body weight exercises
 - Stretching
- Legal and procedural considerations in the fitness industry
- Working with different populations

6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

6d. Specialist Learning Resources

Sport and Exercise Sciences Labs (Compass House)
Helmore Gym OR Kelsey Kerridge Gym

7. Learning Outcomes (threshold standards)

No.	Type	On successful completion of this module the student will be expected to be able to:
1	Knowledge and Understanding	Have knowledge and understanding that meets the requirements of a Level 2 Gym Instructor
2	Intellectual, practical, affective and transferrable skills	Demonstrate the practical competencies required of a Level 2 Gym Instructor

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2025/6	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	4	1-2	Lecture 1hr
Other teacher managed learning	6	1-2	Practical 2-hr
Student managed learning	20	1-2	Production of assessments and self-directed background reading and practice for learning sessions.
TOTAL:	30		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1-2	0 (%)	Pass/Fail	100 (%)
Portfolio of learning and in-class assessment					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Practical	2	0 (%)	Pass/Fail	100 (%)
Assessment of an exercise session followed by a viva					

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*).

In addition, students are required to:

- (a) achieve the qualifying mark for each element of fine graded assessment as specified above
- (b) pass any pass/fail elements

[* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]

