

Module specification

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Module Code	SPT336
Module Title	Fitness Instructor
Level	3
Credit value	40
Faculty	FSLS
HECoS Code	100433
Cost Code	GASP
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
BSc (Hons) Applied Sport and Exercise Sciences for QA and Assessment Purposes	Stand alone

Breakdown of module hours

Learning and teaching hours	147 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	0 hrs
Placement hours	0 hrs
Guided independent study hours	223 hrs
Module duration (Total hours)	370 hrs

Module aims

The module aims for students to develop knowledge and understanding of exercise and fitness training methods enabling them to explore applications within various exercise settings.

On successful completion of the module students will be awarded the Focus Awards Level 2 NVQ Diploma in Instructing Exercise and Fitness (RQF)

Module Learning Outcomes

At the end of this module, students will be able to:

1	Understand anatomy and physiology for exercise
2	Work with clients to help them to adhere to exercise and physical activity
3	Reflect on and develop own practice in providing exercise and physical activity
4	Understand principles of exercise, fitness and health
5	Promote health, safety and welfare in active leisure and recreation
6	Plan and prepare gym-based exercise
7	Instruct and supervise gym-based exercise

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Students will be required to complete a series of workbooks relating to each learning outcome along with a practical observation. Below is the schedule of assessments:

Assessment 1: workbook to be completed on Anatomy and physiology for exercise

Assessment 2: workbook including observation record to be completed on working with clients

Assessment 3: workbook to be completed on reflecting on and developing own practice

Assessment 4: workbook to be completed on principles of exercise, fitness and health

Assessment 5: workbook including observation record to be completed on promoting health, safety and welfare

Assessment 6: workbook to be completed on planning and preparing gym-based exercise

Assessment 7: Observation to be completed on instruct and supervise gym-based exercise

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1	Coursework	1000	Pass/Refer	NA
2	2	Coursework	1000	Pass/Refer	NA
3	3	Coursework	1000	Pass/Refer	NA
4	4	Coursework	1000	Pass/Refer	NA
5	5	Coursework	1000	Pass/Refer	NA
6	6	Coursework	1000	Pass/Refer	NA
7	7	Practical	1000	Pass/Refer	NA

Derogations

None

Learning and Teaching Strategies

This course adopts a blended learning approach, integrating distance learning with face-to-face delivery to provide a flexible yet supportive educational experience. This strategy is designed to accommodate a variety of learning preferences while maintaining high standards of practical and theoretical knowledge. Core theoretical units are delivered online, allowing learners to access materials at their own pace. Learners receive ongoing tutor support via email, virtual meetings, and discussion forums, ensuring engagement and guidance throughout the distance learning phase. Practical skills and assessments are delivered in-person to ensure learners gain hands-on experience and are competent in applying knowledge in real-world settings.

Welsh Elements

The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

Indicative Syllabus Outline

- Develop knowledge and understanding of anatomy and physiology of the human body, and how this relates to exercise.
- Develop knowledge and understanding of working with clients.
- Develop the knowledge and understanding a fitness instructor needs to reflect on own practice.
- Develop the knowledge and understanding of principles of exercise, fitness and health.
- Develop the knowledge and understanding of promoting health, safety and welfare.
- Develop knowledge and understanding of planning and preparing gym-based exercise.
- Develop knowledge and understanding of how to instruct and supervise gym-based exercise.

Indicative Bibliography

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads:

Jeffreys, I. (2020). *Effective Coaching in Strength and Conditioning: Pathways to Superior Performance*. 1st ed. London: Routledge.

Other indicative reading:

McArdle, W.D., Katch, F.I., and Katch, V.L. (2023). *Exercise Physiology: Energy, Nutrition, and Human Performance*. 9th Edition. Philadelphia: Wolters Kluwer Health/ Lippincott Williams & Wilkins.

Administrative Information

For office use only	
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