



Qualification Specification

iSP2A4 - VTCT Skills (ITEC) Level 2 Award in Instructing
Strength and Conditioning Sessions

603/4475/1

About VTCT Skills

VTCT Skills is a market-leading specialist vocational and technical Awarding Organisation.

We offer a comprehensive range of qualifications, assessments and services in 17 sectors, including Hairdressing, Beauty, Logistics and Early Years. Working closely with employers and training providers, our ranges are backed by industry and trusted around the world.

With over 3,000 training locations, we help over 120,000 learners achieve professional skills that transform their lives, every year.

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Qualification at a glance

Qualification title	VTCT Skills (ITEC) Level 2 Award in Instructing Strength and Conditioning Sessions
Qualification number	603/4475/1
Product code	iSP2A4
First registration date	01/10/2019
Age range	16-18, 19+
Credit value	4
Total Qualification Time (TQT)	40
Guided Learning (GL) hours	20
Assessment	To be awarded this qualification, learners must successfully achieve the following assessments: • Internal practical examination • Portfolio of evidence containing - Performance evidence
Grading	Pass/Fail
Entry requirements	It is recommended that learners must hold a Level 2 Certificate in Fitness Instructing or equivalent. It is the responsibility of the centre to ensure that learners have the required knowledge, understanding and skills to enrol and successfully achieve this qualification.

About this qualification

Aims and objectives

The main aim of the VTCT Skills (ITEC) Level 2 Award in Instructing Strength and Conditioning Sessions is to enable learners to gain the necessary practical and theoretical skills in order to provide strength and conditioning sessions to the general public and to gain employment in the fitness industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 2. It also provides a sound platform into further training at level 2 and 3.

Content

This qualification is for learners who want to work within the fitness industry. The qualification consists of 2 mandatory units with a total of 20 hours of Guided Learning (GL) to achieve the full qualification.

The main skills the learner will perform are:

- Planning strength and conditioning sessions – to include selecting suitable exercises, equipment and programme, adapting the programme to suit the client's specific needs and fitness goals and recording the strength and conditioning training plan
- Instructing strength and conditioning sessions – to include preparing the equipment, environment and clients, demonstrating technically correct strength and conditioning sessions, providing clear and concise instructions for each exercise and lift, adapting the exercises and lifts with suitable progression and regression according to the client's needs, providing feedback and instruction points to the client, receiving feedback from the client and recording action plan for improvement
- The learner will also develop knowledge about current health and safety legislation, contra-indications and potential risks and client care and communication which are essential to work and be successful in the industry

This qualification also provides:

- The related knowledge and understanding required to perform the strength and conditioning skills listed above effectively, in particular health and safety considerations, origins and benefits, types of equipment and reasons that may affect whether a client should or should not join a strength and conditioning session
- Opportunities for learners to focus on the development of their wider skills in a sports and fitness setting such as communicating with clients, working with others and problem solving
- Opportunities for learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a fitness instructor qualified in instructing strength and conditioning sessions

Opportunities for progression

Once learners have achieved the VTCT Skills (ITEC) Level 2 Award in Instructing Strength and Conditioning Sessions they may progress on to other VTCT Skills or equivalent qualifications at level 2 and 3 for example:

- Level 3 Diploma in Personal Training (Gym-based Exercise)
- Level 3 Diploma in Pilates Teaching
- Level 3 Diploma in Yoga Teaching
- Level 2 Award in Instructing Kettlebell Training Sessions
- Level 2 Award in Instructing Suspension Training
- Level 2 Award in Instructing Studio Cycling Sessions

Opportunities for employment

There are opportunities for a fitness instructor qualified in instructing strength and conditioning sessions to find employment in a variety of areas:

- Gym
- Health clubs
- Sporting facilities
- Spa
- Own clinic

Relationship to National Occupational Standards

This qualification has mapped to National Occupational Standards where they exist and has ensured that best practice in the workplace has been reflected in the qualification. This qualification is linked to the relative job roles as well as ensuring that the qualification reflects the required level of knowledge and ability for the fitness instructor qualified in instructing strength and conditioning sessions at level 2.

Qualification structure

To be awarded the VTCT Skills (ITEC) Level 2 Award in Instructing Strength and Conditioning Sessions, learners must achieve all mandatory units.

The minimum GLH required to achieve this qualification 20

The minimum TQT required to achieve this qualification 40

Table 1

Unit code	Mandatory units	Guided Learning Hours (GLH)	Unit reference number
iUSP175	Planning a strength and conditioning session	10	K/617/5680
iUSP162	Instructing a strength and conditioning session	10	L/617/5655

Guided Learning Hours (GLH)

Guided Learning Hours is 'the activity of a learner in being taught or instructed by – or otherwise participating in education or training under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training'. This includes 'the activity of being assessed if the assessment takes place under the immediate guidance or supervision of a lecturer, supervisor, tutor or other appropriate provider of education or training'.

Total Qualification Time (TQT)

Total Qualification Time is the number of notional hours which represents an estimate of the total amount of time that could reasonably be expected to be required, in order for a learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of the qualification.

Assessment

All performance evidence and underpinning knowledge must be completed prior to the final internal practical examination.

The internal practical examination will be carried out by the lecturer/assessor and verified by an external quality assurer at the end of the period of learning. The external quality assurer will also verify a sample of the performance evidence.

Table 2

Unit code	Mandatory units	Assessment	Grading
iUSP175	Planning a strength and conditioning session	Portfolio of evidence – 3 performances	Pass/Refer
iUSP162	Instructing a strength and conditioning session	Portfolio of evidence – 2 performances	Pass/Refer
		Internal practical examination	Pass/Refer

Unit specifications and additional supporting material for this qualification can be found on the VTCT Skills website.

Grading of the qualification

Learners must achieve a Pass grade in the requisite number of units as specified in the rules of combination, see Table 1 above.

The overall qualification is graded Pass/Fail.

Practical examination

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal practical examination. This will be undertaken by the internal assessor/lecturer using the internal assessment forms. These must be verified by the external quality assurer.

All practical assessments must be conducted in a controlled environment defined by VTCT Skills. The internal practical examination will be conducted by the lecturer/assessor and verified by the external quality assurer. The centre is responsible for ensuring the examination can operate seamlessly by organising the process as defined in the 'Instructions for Conducting Examinations' which can be found on the VTCT Skills website. The marking criteria and marking scheme can be found under the documents tab within the qualification.

Portfolio of evidence

Learners are required to provide a portfolio of performance evidence that they have performed on clients during their training under the supervision of the lecturer. The lecturer will monitor the quality of the performance in order to ensure that they meet the criteria.

- The criteria are detailed on the performance evidence guidance forms
- The learner will need to complete a Physical Activity Readiness Questionnaire (PARQ) form as evidence that they performed the required number of performances during their training (see Table 2) as they form part of the internal assessment for the qualification. They can be stored in the learner's portfolio

Quality assurance

Delivery of the qualification

A scheme of work must be approved by VTCT Skills for all units prior to the commencement of the course.

Lecturers should aim to deliver the theory and practical of each unit simultaneously, i.e., both theory and practical of each unit should be taught together to ensure the underpinning knowledge is being delivered at the same time as the practical skills. This will help to ensure that learners understand the structures they are working on as a result of combining delivery with the practical application of treatments.

Centre resources

Your centre must provide a suitable environment for teaching the VTCT Skills (ITEC) Level 2 Award in Instructing Strength and Conditioning Sessions as well as all equipment both fixed and free standing to complete all aspects of the qualification.

Achievement record

All units will require an Achievement Record to be completed by the lecturer for each learner. This achievement record will need to be kept by the centre and may be sampled by the external examiner or external quality assurer on their visit.

An Achievement Record for each unit can be downloaded from the VTCT Skills website.

Document History

Version	Issue Date	Changes	Role
v0.6	14/05/2019	Draft version published to inform centres prior to September launch.	Systems Integration Team
v1.0	16/09/2019	First published	Head of Qualifications and Processing
v2.0	01/09/2020	Added COVID-19 Infection Prevention pre-requisite	Product and Regulation Manager
v3.0	01/08/2022	Removal of the COVID-19 Infection Prevention pre-requisite	Qualifications Administrator
v4.0	01/01/2025	New branding	Qualifications Administrator
v5.0	01/09/2026	Rebranding	Development Administrator