



Higher National Unit specification

General information

Unit title: Current Exercise Trends

Unit code: H4T8 35

Superclass: MD

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Version: 01

Unit purpose

This Unit aims to give learners an awareness of contemporary exercise trends in the Health and Fitness industry. This Unit combines practical and theoretical elements relating to the key issues of class purpose, format, instructor qualifications and the practical and safety implications for delivery.

Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Participate in four sessions of at least six current exercise trends.
- 2 Describe, analyse and evaluate the content of at least four current exercise trends which have been experienced.
- 3 Describe the process of becoming qualified in four current exercise trends.
- 4 Explain the practicalities of organising, setting up and delivering a series of contemporary exercise sessions.

Credit points and level

2 Higher National Unit credits at SCQF level 8: (16 SCQF credit points at SCQF level 8)

Recommended entry to the Unit

Learners should possess good written and oral communication skills. Other knowledge skills or experience relevant to the Unit would also be beneficial, for example *Plan, Teach and Evaluate Exercise to Music*, *Plan, Teach and Evaluate Gym Based Exercise*, or *Plan, Teach and Evaluate Group Exercise Sessions*. Ultimately, entry is at the discretion of the centre.

Higher National Unit specification: General information (cont)

Unit title: Current Exercise Trends

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

Context for delivery

If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

The Assessment Support Pack (ASP) for this Unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>)

Equality and inclusion

This Unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

Higher National Unit specification: Statement of standards

Unit title: Current Exercise Trends

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Learners should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Participate in four sessions of at least six current exercise trends.

Knowledge and/or Skills

- ◆ Appropriate clothing for participation in exercise sessions
- ◆ Personal and facility equipment for the participation in exercise sessions
- ◆ Participation in four sessions of at least six current exercise trends

Outcome 2

Describe, analyse and evaluate the content of at least four current exercise trends which have been experienced.

Knowledge and/or Skills

- ◆ Current exercise trends/activities
- ◆ Purpose, format and content of the sessions
- ◆ Effectiveness of the current exercise trends

Outcome 3

Describe the process of becoming qualified in four current exercise trends.

Knowledge and/or Skills

- ◆ Pre-requisites for qualification
- ◆ Training process
- ◆ Costs
- ◆ Training updates and maintenance of qualifications

Higher National Unit specification: Statement of standards (cont)

Unit title: Current Exercise Trends

Outcome 4

Explain the practicalities of organising, setting up and delivering a series of contemporary exercise sessions.

Knowledge and/or Skills

- ◆ Target client groups
- ◆ Advertising materials/marketing methods
- ◆ Insurance
- ◆ Music Licensing
- ◆ individual and facilities/risk assessment
- ◆ Equipment and set-up costs
- ◆ Storage
- ◆ Measuring success

Evidence Requirements for this Unit

Learners will need to provide evidence to demonstrate their Knowledge and/or Skills across all Outcomes by showing that they can:

Outcome 1 Prepare for and participate in four sessions of at least six current exercise trends.

- ◆ Demonstrate competent participation in four sessions of at least six current exercise trends currently popular in the fitness industry.
- ◆ A minimum participation rate of 75% is required.

Practical Assessment — Each learner will be required to show competency participating in four sessions of at least six current exercise trends. A minimum participation rate of 75% is required. A tutor checklist or video evidence showing that the learner has satisfactorily prepared for and participated in four sessions of at least six current exercise trends. The learners will be assessed in a group environment.

Outcome 2 Describe, analyse and evaluate the content of at least four current exercise trends which have been experienced.

- ◆ Select four of the six trends you have experienced.
- ◆ Describe the purpose, format and class content of these trends.
- ◆ Evaluate the effectiveness of the selected trends.

Assignment — learners will report on four contemporary exercise trends. Each learner will be required to provide written, oral or video evidence to demonstrate their understanding of all aspects of the knowledge and skill section. Learners should describe each current exercise trend clearly stating the purpose, format and content of the session, including the time allocated to each component. Learners should evaluate and report on the effectiveness of the session experienced in terms of safety, suitability and success in meeting stated fitness objectives. It is advised that this Outcome is assessed together with Outcomes 3 and 4.

Higher National Unit specification: Statement of standards (cont)

Unit title: Current Exercise Trends

Outcome 3 Describe the process of becoming qualified in four current exercise trends.

- ◆ Explain the process of becoming qualified in each of the four selected exercise trends.
- ◆ Identify pre-requisites required for undertaking each qualification.
- ◆ State the training costs.
- ◆ Explain training updates/CPD required for the maintenance of each qualification.

Assignment — together with Outcomes 2 and 4 will be assessed by a written, oral or video evidence showing that the learner has researched and reported on the process of becoming qualified in four current exercise trends. The learner describes the process of becoming qualified in four current exercise trends.

Outcome 4 Explain the practicalities of organising, setting up and delivering a series of contemporary exercise sessions.

- ◆ Select one current exercise trend.
- ◆ Explain the target group selected to implement this trend with.
- ◆ Produce appropriate advertising materials for the chosen trend.
- ◆ Explain insurance, music licensing and risk assessments required.
- ◆ Discuss options for premises, equipment, storage and associated costs.
- ◆ Explain how the sessions will be evaluated in terms of their success.

Assignment — Outcome 4 will be assessed by a project or report. The learner must provide written, oral or video evidence that they have researched and reported on the practical implications of organising, setting up and delivering a series of current exercise trends.

It is recommended that Outcomes 2, 3 and 4 are assessed together in the form of a written, oral or video evidence report, in which the learner evaluates four exercise trends, describing the process of becoming qualified, explains the process of organising, setting up, delivering and evaluating a series of exercise sessions in their chosen current exercise trend.

Higher National Unit Support Notes (cont)

Unit title: Current Exercise Trends

Unit Support Notes are offered as guidance and are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

Guidance on the content and context for this Unit

This Unit should provide learners with an awareness of contemporary exercise trends in the Health and Fitness Industry. This Unit should combine competency in participating in current exercise sessions with the theoretical knowledge relating to the key issues of class purpose and format, instructor qualifications, and the practicalities for class delivery. Ideally, the learner will work through the Unit aiming to achieve a main project or report in which the learner evaluates four current exercise trends, describes the process of becoming qualified in these four trends and explains the practicalities of organising, setting-up and delivering a series of exercise sessions in their chosen current exercise trend.

There is the opportunity to embed National Governing Body Awards or Instructor Qualifications into this Unit. Gaining these additional awards will enhance learners employability.

Outcome 1

Experience — Participate in four sessions of at least six current exercise trends. Experiences of a range of current exercise trends may be delivered in-house, only if the instructor has relevant and current certification, alternatively, visits to health and fitness establishments that offer a range of current exercise trends could be arranged. Class formats could be taken from any currently popular exercise — the following are offered as suggestions: kettlebells, spin, circuits, studio weights, HIIT sessions, dance based exercise, yoga based exercise, modified aerobics/combat type classes, etc.

Outcome 2

Investigate — Four of the current exercise trends that the learner has participated in.

Describe — Description, purpose and format of the session. Breakdown of timings, exercises and stretches included. Equipment and participant organisation.

Evaluate — Safety, suitability and success in meeting stated fitness objectives.

Outcome 3

Qualifications — Clear explanation of how instructors become qualified in four of the stated exercise trends.

Pre-requisites — VQ Level 2 Exercise to Music or Gym Based Exercise, First Aid Certificate.

Higher National Unit Support Notes (cont)

Unit title: Current Exercise Trends

Training Process — Training body delivering the qualification: Fitness Scotland, CYQ, Body Training Systems, and/or independent training organisations. Programme of training, delivery method — series of weekends, condensed week, evening classes or through courses delivered by colleges.

Content of training process — Theoretical and practical delivery.

Assessment process — Theoretical and practical assessments. Work placements, case studies and portfolios.

Costs — Breakdown of the total cost of the course. Discounts available.

CPD/Training updates — Time length qualification is valid for. CPD/refresher/up-date courses — available, content, expectations, assessment and cost.

Outcome 4

Advertising material/marketing methods: materials — social media, posters, flyers, local press. Days and times of class — suitability to target client group.

Insurance/music license/risk assessment: Personal Accident Insurance, Instructor Indemnity Insurance. PPL license. Safety checks of premises, environment and equipment.

Premises/equipment/storage: Hire of local hall or studio from private establishment. Sources and cost of equipment, music system and music. Storage — available at premises or alternative storage required. All associated costs.

Measure of success: Evaluation tool.

Guidance on approaches to delivery of this Unit

The Unit will be delivered as one of a number of Units that will fully prepare the learners for work as a Fitness, Health and Exercise professional. It will specifically prepare learners to select exercise trends in which they may wish to pursue further and become qualified to deliver.

This Unit would be best delivered in the second year of the HND Fitness, Health and Exercise programme, and should ideally be sequenced after learners have completed the following 3 Unit: *Plan, Teach and Evaluate Exercise to Music, Exercise Principles and Programming, Plan, Teach and Evaluate Group Exercise Sessions*, and *Plan, Teach and Evaluate Gym Based Exercise*.

It is strongly recommended that learners experience as many different exercise trends as possible. Visits to external venues and the use of guest instructors, where learners experience a variety of different instructors, is strongly encouraged. If learners hold a qualification in a current exercise trend, they could deliver this to their group.

There is the opportunity to embed National Governing Body Awards or Instructor Qualifications into this Unit, this is strongly recommended. Gaining these additional awards will enhance learner's employability.

Higher National Unit Support Notes (cont)

Unit title: Current Exercise Trends

Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

Outcome 1 — each learner will be required to show competency participating in four sessions of at least six current exercise trends. A tutor checklist or video evidence showing that the learner has satisfactorily prepared for and participated in four sessions of at least six current exercise trends. A minimum participation rate of 80% is required. The learners will be assessed in a group environment.

Outcome 2 — learners will report on four contemporary exercise trends. Each learner will be required to provide written, oral or video evidence to demonstrate their understanding of all aspects of the knowledge and skill section. Learners should describe each current exercise trend clearly stating the purpose, format and content of the session, including the time allocated to each component. Learners should evaluate and report on the effectiveness of the session experienced in terms of safety, suitability and success in meeting stated fitness objectives. It is advised that this Outcome is assessed together with Outcomes 3 and 4.

Outcome 3 — this Outcome together with Outcomes 2 and 4 will be assessed by a written, oral or video evidence showing that the learner has researched and reported on the process of becoming qualified in four current exercise trends. The learner describes the process of becoming qualified in four current exercise trends.

Outcome 4 — the assessment instrument will be a project or report. The learner must provide written, oral or video evidence that they have researched and reported on the practical implications of organising, setting up and delivering a series of current exercise trends.

It is recommended that Outcomes 2, 3 and 4 are assessed together in the form of a written, oral or video evidence report, in which the learner evaluates four exercise trends, describing the process of becoming qualified, explains the process of organising, setting up, delivering and evaluating a series of exercise sessions in their chosen current exercise trend.

Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at www.sqa.org.uk/e-assessment.

Higher National Unit Support Notes (cont)

Unit title: Current Exercise Trends

Opportunities for developing Core and other essential skills

Throughout the Unit, learners are required to research and analyse material. There are opportunities to use the internet and other information sources, leading to skill development in *Information and Communication Technology (ICT)* and *Communication*.

All elements of *Problem Solving* could be developed and enhanced as learners plan, analyse and evaluate the complex tasks involved.

Therefore there are opportunities to develop the Core Skill of *Information and Communication Technology (ICT)*, *Problem Solving*, *Communication* and *Working with Others* at SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

All Outcomes will require numeracy skills to gather and analyse data.

History of changes to Unit

Version	Description of change	Date

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General information for learners

Unit title: Current Exercise Trends

This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

Current Exercise Trends will give you invaluable awareness of contemporary exercise trends in the Health and Fitness industry. In this you will be involved in experiencing a range of current exercise trends. You will research specific exercise trends in terms of training required in becoming qualified in a range of current exercise trends. You will also evaluate the exercise trends in terms of effectiveness, ease of delivery, organisational issues and financial considerations. On completion of this Unit you will have gathered information on at least six current exercise trends which will assist you if they decide to undertake further training in these exercise trends, hence, making you more employable.

Assessment for this Unit will be as follows:

Practical Assessment: **Outcome 1** — you will be required to show competency participating in 4 sessions of at least six current exercise trends. A tutor checklist or video evidence showing that you have satisfactorily prepared for and participated in four sessions of at least six current exercise trends. A minimum participation rate of 80% is required. You will be assessed in a group environment.

Assignment: **Outcome 2** — you will report on four contemporary exercise trends. You will be required to provide written, oral or video evidence to demonstrate your understanding of all aspects of the knowledge and skill section. You should describe each current exercise trend clearly stating the purpose, format and content of the session, including the time allocated to each component. You should evaluate and report on the effectiveness of the session experienced in terms of safety, suitability and success in meeting stated fitness objectives. It is advised that this Outcome is assessed together with Outcomes 3 and 4.

Assignment: **Outcome 3** — together with Outcomes 2 and 4 will be assessed by a written, oral or video evidence showing that you have researched and reported on the process of becoming qualified in four current exercise trends. You describe the process of becoming qualified in four current exercise trends.

Assignment: **Outcome 4** — will be a project or report. You must provide written, oral or video evidence that you have researched and reported on the practical implications of organising, setting up and delivering a series of current exercise trends.

It is recommended that Outcomes 2, 3 and 4 are assessed together in the form of a written, oral or video evidence report, in which you evaluate four exercise trends, describing the process of becoming qualified, explains the process of organising, setting up, delivering and evaluating a series of exercise sessions in their chosen current exercise trend.

General information for learners (cont)

Unit title: Current Exercise Trends

There is the opportunity to embed National Governing Body Awards or Instructor Qualifications into this Unit, this is strongly recommended. Gaining these additional awards will enhance your employability.

Throughout the Unit, you are required to research and analyse material. There are opportunities to use the internet and other information sources, leading to skill development in *Information and Communication Technology (ICT)* and *Communication*.

All elements of *Problem Solving* could be developed and enhanced as you plan, analyse and evaluate the complex tasks involved.

Therefore there are opportunities to develop the Core Skill of *Information and Communication Technology (ICT)*, *Problem Solving*, *Communication* and *Working with Others* at SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

All Outcomes will require *Numeracy* skills to gather and analyse data.