



# **Group Award Specification for:**

**National Progression Award (NPA) in Exercise and  
Fitness Leadership at SCQF level 6**

**Group Award Code: GS6V 46**

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# 1. Introduction

The purpose of this document is to:

- Assist centres to implement, deliver and manage the qualification.
- Provide a guide for new staff involved in offering the qualification.
- Inform course managers, teaching staff, assessors, learners, employers and higher education institutes (HEIs) of the aims and purpose of the qualification.
- Provide details of the range of learners the qualification is suitable for and progression opportunities.

The health and wellbeing of the nation has come under increasing scrutiny, with particular emphasis on the importance of physical activity in ensuring a healthier population in Scotland. In September 2024, the Scottish Government published [Physical Activity for Health: Scotland's National Framework](#), aiming to enhance physical activity levels across the country.

The strategies outlined in this framework clearly set out a vision of 'making people more active, more often,' highlighting the need to expand access to both recreational and organised physical activities across all sectors of society. This means that an increased demand of people making use of local gyms, community activities and seeking advice about how to get or stay fit is more than likely.

The physical activity and health landscape has evolved, and outcomes of the framework now address inactivity, physical and mental wellbeing, targeting inequalities around health and participation rates in physical activity. The workforce, whether volunteers or paid staff, needs to meet these changing requirements of physical activity and health in communities in Scotland. This qualification has been designed to meet these changing needs. The National Progression Award (NPA) in Exercise and Fitness Leadership will support learners aspiring to become exercise practitioners.

This NPA is designed to equip candidates with the skills, knowledge and understanding required for progression to further academic and/or professional qualifications in physical activity and health which will allow them to progress towards becoming industry standard exercise practitioners.

This NPA will provide learners with the opportunity to gain an understanding of the physiological and psychological responses to cardiovascular, group exercise and resistance training. Learners will also experience participation in a range of cardiovascular, group exercise and resistance training approaches and in planning and leading physical activity sessions in a realistic, supported environment in cardiovascular, group exercise and resistance training. Learners will be given the opportunity to reflect on their physical activity sessions and develop their confidence, competence and skills in developing their practice throughout this award. The qualification is suitable for learners who are currently in school or for school leavers or adult returners who have an interest in physical activity and health. It has been designed to be delivered in schools, colleges and through external training providers. Within school environments, this qualification can complement the Physical Education (PE) curriculum and or leadership programmes. Within colleges, it can be delivered as an optional NPA within the NC in Sport and Physical Activity at SCQF level 6 and prepare learners to progress onto the HNC in Physical Activity and Health or the HNC Fitness Health and Exercise.

Successful completion of this award may enable learners to gain employment/ volunteering opportunities assisting in the delivery of physical activity and health initiatives within Local Leisure Trusts, private Health and Fitness organisations or Sports Clubs. This may involve working independently or as part of a team alongside other professionals. Learners may have to join the Protecting Vulnerable Groups (PVG) scheme required by their employer/placement provider, club or organisation.

Embracing technology is an important theme running through Prospectus for Change, Qualifications Scotland's corporate plan published in 2024. Our aim is to 'transform our business model to deliver digital services that support learners and educators in the future' so we would encourage centres when delivering these qualifications to use a Learning Management System where this is possible and appropriate.

## 2. Qualification structure

The group award is made up of 3 Qualifications Scotland unit credits. It comprises of 18 SCQF credit points at SCQF level 6. A mapping of Core Skills development opportunities is available in section 5.3.

### 2.1 Structure

The NPA is made up of three mandatory units. Learners must complete all three mandatory units to achieve the group award.

#### Mandatory units:

4 code	2 code	Unit title	Qualifications Scotland credit	SCQF credit points	SCQF level
J9GV	46	Cardiovascular Training	1	6	6
J9GW	46	Group Exercise Training	1	6	6
J9GX	46	Resistance Training	1	6	6

### **3. Aims of the qualification**

This NPA has been designed to enable learners, with an interest in physical activity and health, to develop the knowledge and skills which will allow them to make informed choices regarding possible career pathways in the physical activity and health industry. The NPA is a 'stepping stone' to allow candidates to progress to a higher level of qualification that is required in this area to meet industry standards.

#### **3.1 General aims of the qualification**

1. Build knowledge competence and confidence related to developing fitness.
2. Develop leadership skills.
3. Develop reflective practice.
4. Provide opportunities to develop a range of core skills.
5. Enhance employment and deployment prospects for learners.
6. Enable progression within SCQF.

#### **3.2 Specific aims of the qualification**

1. Develop knowledge of body systems and their application in physical activity and health.
2. Develop knowledge of the psychological responses to physical activity and health.
3. Introduce coaching skills relevant to working with an individual or group of individuals during physical activity sessions.
4. Develop skills to deliver and lead physical activity sessions.
5. Develop knowledge to effectively plan, deliver, and review physical activity sessions.

## **4. Recommended entry to the qualification**

Entry to this qualification is at the discretion of the centre. Learners would benefit from having some experience participating in and leading PE, physical activity, sport and/or exercise and fitness training sessions. Communication skills equivalent to at least SCQF level 5 are also recommended. This NPA award is suitable for learners who have no previous qualifications or experience but have an interest in developing their knowledge and skills in physical activity and health.

### **4.1 Core Skills entry profile**

The Core Skill entry profile provides a summary of the associated assessment activities that exemplify why a particular level has been recommended for this qualification. The information would be used to identify if additional learning support needs to be put in place for learners whose Core Skills profile is below the recommended entry level or whether learners should be encouraged to do an alternative level or learning programme.

- as preparation for beginning the qualification
- to have a reasonable chance of completing the qualification
- to be prepared for the broad range of activities required by the qualification

For this reason the level stated should be reflective of the main focus of the qualification which is likely to require a certain level of ability in one or two of the Core Skills. Learners will naturally use and develop aspects of all five Core Skills as they work through the units making up the qualification through teaching and learning approaches which require to be mapped in the next section.

<b>Core Skill</b>	<b>Recommended SCQF entry profile</b>	<b>Associated assessment activities</b>
Communication		
Numeracy		
Information and Communication Technology (ICT)		
Problem Solving		
Working with Others		

Core Skills can be claimed from activities throughout this qualification, but there are currently none that are embedded and automatically awarded on completion

## **5. Additional benefits of the qualification in meeting employer needs**

This qualification was designed to meet a specific purpose and what follows are details on how that purpose has been met through mapping of the units to the aims of the qualification. Through meeting the aims, additional value has been achieved by linking the unit standards with those defined in national occupational standards and/or trade/professional body requirements. In addition, significant opportunities exist for learners to develop the more generic skill, known as Core Skills through doing this qualification.

## 5.1 Mapping of qualification aims to units

**Note:** For details of the aims, see section [3.1 General aims of the qualification](#) and section [3.2 Specific aims of the qualification](#).

<b>Unit code</b>	<b>Unit title</b>	<b>General aims</b>	<b>Specific aims</b>
J9GV 46	Cardiovascular Training	1 to 6	1 to 5
J9GW 46	Group Exercise Training	1 to 6	1 to 5
J9GX 46	Resistance Training	1 to 6	1 to 5

## 5.2 Mapping of National Occupational Standards (NOS) and/or trade body standards

The NPA in Exercise and Fitness Leadership has been partially mapped to the National Occupational Standards for SKAEAF4 Plan exercise and fitness sessions, SKAEAF5 Instruct exercise and fitness sessions and SKAEAF20 Evaluate exercise and physical activity programmes.

Unit code	Unit title	National Occupational Standards (NOS) code
J9GV 46	Cardiovascular Training	<p>SKAEAF4: Performance criteria (PCs): 1, 4, 13, 14  Knowledge and understanding (K&amp;U): 2, 3, 7, 11, 12, 13, 18</p> <p>SKAEAF5: Performance criteria (PCs): 1, 16  Knowledge and understanding (K&amp;U): 1, 10, 25</p> <p>SKAEAF20: Performance criteria (PCs): (partial PC coverage)  Knowledge and understanding (K&amp;U): 2, 7, 13</p>
J9GW 46	Group Exercise Training	<p>SKAEAF4: Performance criteria (PCs): 1, 4, 13, 14  Knowledge and understanding (K&amp;U): 2, 3, 7, 11, 12, 13, 17, 18</p> <p>SKAEAF5: Performance criteria (PCs): 1, 16  Knowledge and understanding (K&amp;U): 1, 10, 25</p> <p>SKAEAF20: Performance criteria (PCs): (partial PC coverage)  Knowledge and understanding (K&amp;U): 2, 7, 13</p>

Unit code	Unit title	National Occupational Standards (NOS) code
J9GX 46	Resistance Training	SKAEAF4: Performance criteria (PCs): 1, 4, 13, 14 Knowledge and understanding (K&U): 2, 3, 7, 11, 12, 13, 18  SKAEAF5: Performance criteria (PCs): 1, 16 Knowledge and understanding (K&U): 1, 10, 25  SKAEAF20: Performance criteria (PCs): (partial PC coverage) Knowledge and understanding (K&U): 2, 7, 13

### **5.3 Mapping of Core Skills development opportunities across the qualifications**

There are no Core Skills embedded

## 5.4 Assessment strategy for the qualifications

Unit code and title	Assessment: Outcome 1	Assessment: Outcome 2	Assessment: Outcome 3	Assessment: Outcome 4
<p>J9GV 46 Cardiovascular Training</p>	<p>Closed-book assessment completed within 1 hour, in one sitting, under controlled, supervised conditions.</p> <p>Evidence could be gathered through written or oral format.</p>	<p>The evidence for PC (a) should be gathered under supervised conditions and PCs (b), (c), (d), (e) and (f) under open-book assessment conditions.</p> <p>For PCs (a) and (b) evidence could be gathered by a logbook while for PC (c) evidence could be gathered by a risk assessment template. which includes pre-screening of clients through the use of a Physical Activity Readiness Questionnaire (PAR-Q).</p> <p>A session plan template must be used for PCs (d), (e) and (f).</p>	<p>The learners practical delivery will be assessed using an assessor checklist under supervised conditions.</p>	<p>The evidence should be gathered under open-book assessment conditions by a professional discussion or portfolio.</p>

<b>Unit code and title</b>	<b>Assessment: Outcome 1</b>	<b>Assessment: Outcome 2</b>	<b>Assessment: Outcome 3</b>	<b>Assessment: Outcome 4</b>
<p>J9GW 46 Group Exercise Training</p>	<p>Closed-book assessment completed within 1 hour, in one sitting, under controlled, supervised conditions.</p> <p>Evidence could be gathered through written or oral format.</p>	<p>The evidence for PC (a) should be gathered under supervised conditions and PCs (b), (c), (d), (e) and (f) under open-book assessment conditions.</p> <p>For PC (a) evidence could be gathered by a logbook while for PC (b) evidence could be gathered by a risk assessment template which includes pre-screening of clients through the use of a Physical Activity Readiness Questionnaire (PAR-Q).</p> <p>A session plan template must be used for PCs (c), (e) and (f).</p>	<p>The learners practical delivery will be assessed using an assessor checklist under supervised conditions.</p>	<p>The evidence should be gathered under open-book assessment conditions by a professional discussion or portfolio.</p>

Unit code and title	Assessment: Outcome 1	Assessment: Outcome 2	Assessment: Outcome 3	Assessment: Outcome 4
J9GX 46 Resistance Training	<p>Closed-book assessment completed within 1 hour, in one sitting, under controlled, supervised conditions.</p> <p>Evidence could be gathered through written or oral format.</p>	<p>The evidence for PC (a) should be gathered under supervised conditions and PCs (b), (c), (d), (e) and (f) under open-book assessment conditions.</p> <p>For PC (a) evidence could be gathered by a logbook while for PC (b) evidence could be gathered by a risk assessment template which includes pre-screening of a client through the use of a Physical Activity Readiness Questionnaire (PAR-Q).</p> <p>A session plan template must be used for PCs (d), (e) and (f).</p>	<p>The learners practical delivery will be assessed using an assessor checklist under supervised conditions.</p>	<p>The evidence should be gathered under open-book assessment conditions by a professional discussion or portfolio.</p>

## 6. Guidance on approaches to delivery and assessment

The units place the emphasis on assessing the whole outcome or a combination of outcomes rather than on individual knowledge and skills. This will help reduce the assessment load for both learners and centres. The unit specifications contain guidance on types of assessment and evidence that can be used which incorporate the optionality of a range of assessment methods.

Qualifications Scotland's Guide to Assessment advises that there should normally be one, or in exceptional circumstances two, re-assessment opportunities. For more information, please refer to Qualifications Scotland's Guide to Assessment ([Guide to Assessment](#)).

There are suggested holistic assessment approaches within the NPA award, to support the reduction in assessment occasions for learners and assessors. Centres can adapt the following recommendations to suit delivery of each of the three units within the NPA award:

Opportunity for assessors to holistically assess the Risk Assessment Template and Par Q where the same exercise environment and participant/group of participants are being utilised for assessment purposes.

- Cardiovascular Training unit outcome 2 PC (c)
- Group Exercise Training unit outcome 2 PC (b)
- Resistance Training unit outcome 2 PC (b)

Opportunity for assessors to holistically assess the psychological benefits of the type of training within one assessment instrument across all three units.

- Cardiovascular Training unit outcome 1 PC (e)
- Group Exercise Training unit outcome 1 PC (f)
- Resistance Training unit outcome 1 PC (e)

Opportunity for assessors to holistically assess the learner's planning and delivery of their warm-up and cool-down.

- Cardiovascular Training unit outcome 2 PCs (d) and (f) and outcome 3 PCs (c) and (e)
- Group Exercise Training unit outcome 2 PCs (c) and (f) and outcome 3 PCs (c) and (e)
- Resistance Training unit outcome 2 PCs (d) and (f) and outcome 3 PCs (c) and (e)

Centres must ensure they have an appropriate mapping document to demonstrate where the holistic/cross assessment has taken place.

## **6.1 Sequencing/integration of units**

Units can be delivered in any order dependent on individual centres' own contexts; however, it is recommended that an experiential approach is used whenever possible in order that learners can experience for themselves, the physiological and psychological responses while participating in training sessions. This will ensure deeper understanding of the theoretical outcomes of the course and equip learners with the required knowledge to be confident when leading their own planned sessions. Early exposure to participating in teacher/lecturer led training sessions, will enable learners to witness the exemplary planning and delivery required when planning and delivering their own sessions.

All units include opportunities for a holistic approach to assessment which allows combinations of outcomes to be assessed together.

## 6.2 Recognition of prior learning

Qualifications Scotland recognises that learners gain knowledge and skills acquired through formal, non-formal and informal learning contexts.

In some instances, a full group award may be achieved through the recognition of prior learning. However, it is unlikely that a learner would have the appropriate prior learning and experience to meet all the requirements of a full group award.

The recognition of prior learning may **not** be used as a method of assessing in the following types of units and assessments:

- HN Graded Units.
- Course and/or external assessments.
- Other integrative assessment units (which may or not be graded).
- Certain types of assessment instruments where the standard may be compromised by not using the same assessment method outlined in the unit.
- Where there is an existing requirement for a licence to practice.
- Where there are specific health and safety requirements.
- Where there are regulatory, professional or other statutory requirements.
- Where otherwise specified in an assessment strategy.

More information and guidance on the *Recognition of Prior Learning* (RPL) may be found on our website: [Qualifications Scotland](#)

The following sub-sections outline how existing Qualifications Scotland units may contribute to this group award. Additionally, they also outline how this group award may be recognised for professional and articulation purposes.

### **6.2.1 Articulation and/or progression**

Learners could progress to the SCQF level 6 NC in Sport and Physical Activity or SCQF level 7 Physical Activity and Health or HNC Fitness Health and Exercise.

Entry will be at the centre's discretion and so learners may need to complete additional qualifications.

### **6.2.2 Professional recognition**

The NPA in Exercise and Fitness Leadership has been partially mapped to the following National Occupational Standards:

- SKAEAF4 Plan exercise and fitness sessions
- SKAEAF5 Instruct exercise and fitness sessions
- SKAEAF20 Evaluate exercise and physical activity programmes

## **6.3 Opportunities for e-assessment**

E -assessment may be appropriate for some assessments in these units. 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 Qualifications Scotland's qualifications is available at [Assessment arrangements](#).

## **6.4 Support materials**

A list of existing Assessment Support Packs (ASPs) is available to view on Qualifications Scotland's website: [Internal Assessment Support Materials](#)

## 6.5 Resource and approval requirements

Centres delivering this qualification must provide learners with access to a range of gym equipment, including the following:

- cardiovascular equipment
- fixed resistance machines including a cable pulley
- free weight equipment, including barbells, dumbbells, Olympic bars, weight plates, adjustable benches, squat or power rack, and appropriate flooring
- functional exercise equipment including medicine balls, kettlebells, Swiss balls, mats, powerbags and plyo boxes

**Note:** This is not an exhaustive list.

Learners should have access to a suitable facility or environment to deliver the physical activity sessions, such as a fitness studio, gym, hall or outdoor space. Centres may benefit from setting up partnership or service level agreements with local organisations/facilities to support delivery of the group award. Learners would benefit from undertaking some of the units within the NPA award in a workplace/simulated setting where possible.

Learners should also have access to ICT, a variety of current publications and online resources to encourage and support a level of independent study.

Centres delivering this qualification must have suitably qualified staff for each of the subject components. Your centre should already have established processes to ensure staff are appropriately qualified to deliver in this subject area, and maintain effective continual professional development to support delivery of each of the units within the NPA award.

Centres must have staff who have the relevant subject knowledge and can demonstrate this with an SCQF level 7 or above in physical activity or exercise and fitness based subject qualification, or a relevant industry-recognised qualification.

Alongside having the appropriate qualifications and experience, staff must be occupationally competent.

If you hold a Professional Graduate Diploma in Education (PGDE) or a Teaching Qualification in Further Education (TQFE) along with industry relevant qualifications or CPD in exercise and fitness, then you can assess and internally verify these qualifications. There is the requirement that you maintain an up-to-date CPD record and familiarise yourself with industry standards.

If you do not hold a PGDE or TQFE you would require an appropriate qualification such as the Professional Development Award (PDA) Teaching Practice in Scotland's Colleges (GR5K 49), or the PDA in 'Conduct the Assessment Process' (GF8P 48) along with a minimum of 5 years industry experience and recognised Exercise Practitioner professional standards qualifications.

To internally verify this award without a PGDE or TQFE the 'Conduct the Internal Verification Process' PDA (GF8R 48) would be necessary.

Please refer to the below link which provides information on non-workplace assessor/ internal verifier (IV) qualifications.

[V3-Choosing-appropriate-Assessor-and-Verifier-qualifications.pdf](#)

If you have questions about whether your staff members qualifications or experience is appropriate, please get in touch.

## 7. General information for centres

### Equality and inclusion

The unit specifications making up this group award have been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners will be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website:

[Assessment Arrangements](#)

### Internal and external verification

All assessments used within these qualifications should be internally verified, using the appropriate policy within the centre and the guidelines set by Qualifications Scotland.

External verification will be carried out by Qualifications Scotland to ensure that internal assessment is within the national guidelines for these qualifications.

Further information on internal and external verification can be found in Qualifications Scotland's [Guide to Assessment](#)

### Prior Verification

Qualifications Scotland offers prior verification for centres that decide to develop their own instruments of assessment. We strongly recommend that you request prior verification before using a centre devised assessment with learners and their associated marking schemes. Further information about this service can be found at [Prior Verification - Advanced and HN](#)

## 8. Glossary of terms

**Embedded Core Skills** is where the assessment evidence for the unit also includes full evidence for complete Core Skill or Core Skill components. A learner and/or candidate successfully completing the unit will be automatically certificated for the Core Skill. (This depends on the unit having been successfully audited and validated for Core Skills certification.)

**Finish date:** The end of a group award's lapsing period is known as the finish date. After the finish date, the group award will no longer be live and the following applies:

- Learners and/or candidates may not be entered for the group award.
- the group award will continue to exist only as an archive record on the Awards Processing System (APS).

**Lapsing date:** When a group award is entered into its lapsing period, the following will apply:

- the group award will be deleted from the relevant catalogue.
- the group award specification will remain until the qualification reaches its finish date at which point it will be removed from Qualifications Scotland's website and archived.
- no new centres may be approved to offer the group award.
- centres should only enter learners and/or candidates whom they expect to complete the group award during the defined lapsing period.

**Qualifications Scotland credit value:** The credit value allocated to a unit gives an indication of the contribution the unit makes to an Qualifications Scotland group award. An Qualifications Scotland credit value of 1 given to an Qualifications Scotland unit represents approximately 40 hours of programmed learning, teaching and assessment.

**SCQF:** The Scottish Credit and Qualification Framework (SCQF) provides the national common framework for describing all relevant programmes of learning and qualifications in Scotland. SCQF terminology is used throughout this guide to refer to

credits and levels. For further information on the SCQF visit the SCQF website at [www.scqf.org.uk](http://www.scqf.org.uk).

**SCQF credit points:** SCQF credit points provide a means of describing and comparing the amount of learning that is required to complete a qualification at a given level of the Framework. One National Unit credit is equivalent to 6 SCQF credit points. One National Unit credit at Advanced Higher and one Higher National Unit credit (irrespective of level) is equivalent to 8 SCQF credit points.

**SCQF levels:** The level a qualification is assigned within the framework is an indication of how hard it is to achieve. The SCQF covers 12 levels of learning. HNCs and HNDs are available at SCQF levels 7 and 8, respectively. Higher National Units will normally be at levels 6 to 9 and graded units will be at levels 7 and 8. National Qualification Group Awards are available at SCQF levels 2 to 6 and will normally be made up of National Units which are available from SCQF levels 2 to 7.

**Subject unit:** Subject units contain vocational/subject content and are designed to test a specific set of knowledge and skills.

**Signposted Core Skills:** Refers to opportunities to develop Core Skills arise in learning and teaching but are not automatically certificated.



## 9. General information for learners

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

The SCQF level 6 National Progression Award in Exercise and Fitness Leadership contains three mandatory units, Cardiovascular (CV) Training, Group Exercise (GE) Training and Resistance Training.

You will benefit from undertaking this course if you already have an interest in exercise and fitness and are keen to increase your understanding of CV training, GE training and Resistance training. You do not need any previous qualifications or experience to study this course.

You will learn about the short- and long-term physiological effects of CV and GE training on the cardiac and respiratory systems and the psychological benefits of these two types of training. Also, within the GE unit, you will learn about the physiological effects of GE training on the nervous system. The physiological effects of Resistance training on the muscular and skeletal systems will be covered as part of the Resistance Training unit. This will be assessed by a written or oral closed-book assessment.

You will participate in a range of teacher/lecturer led CV, GE and Resistance training sessions, which include appropriate warm-ups and cool-downs, developing your knowledge and understanding of how different components of fitness can be improved. You will be required to complete a record which details what you did during every session you participated in. Through participation in these different types of training you will experience the safe, practical organisation and delivery of different types of training sessions which can then be applied to your planning of training sessions to lead training sessions for clients. In the CV Training unit your planning will include calculating training zones and the use of heart rate monitors to monitor working heart rate. The GE Training unit includes the planning and delivery of an exercise to music warm-up which requires you to use appropriate technology

for music to be used. You will learn how to measure a client's one-repetition maximum % within the Resistance Training unit.

Prior to delivering your sessions you will carry out health and safety risk assessments, including pre-screening for client's previous injuries or illnesses using a Participation Activity Readiness Questionnaire (PAR-Q), their goals and checks to ensure proper attire is being worn for the sessions. You will also conduct visual inspections of the area and equipment to be used.

When leading the sessions you will learn to explain the purpose of the training session to clients including demonstration of exercises/approaches to be used, then lead the sessions as planned and evaluate clients' performance during the session in a supportive environment that is realistic to the fitness industry. You will motivate clients, with ongoing communication where appropriate and practicable so that clients can successfully complete the session at an appropriate level. This will be assessed by an assessor checklist.

These units will provide opportunities for you to evaluate the planning and delivery of the training sessions you delivered. You will identify areas of strength and areas of development in the planning and delivery of the training sessions using self-reflection and client feedback to prioritise your development needs.

There are opportunities to develop core skills throughout this unit. You will develop Communication skills when planning and delivering your session. You will develop Numeracy skills when calculating HR training zones, one-repetition maximum % and organising timings for sessions, and Information and Communication Technology (ICT) skills when utilising technology to make use of music in the warm-up in the GE unit, to monitor HR and to time parts of each of the sessions. Working with others may also be developed through participation in the different types of training sessions and your session delivery. Problem Solving will be developed when considering adaptations to the sessions being delivered.

The practical nature of the NPA award will provide knowledge and skills to support the promotion and development of aspects of physical activity and health. There is a strong emphasis on developing the practical skills relevant to the planning, delivery and evaluation of physical activity sessions that will support progression to further

study which may lead to employment within the sector. The completion of the course will allow access to a number of progression pathways including but not limited:

- NC Sport and Physical Activity (SCQF level 6)
- HNC Physical Activity and Health
- HNC Fitness, Health and Exercise

This list is not exhaustive.