

National Certificate Fitness

(Foundation Skills) (Level 2)

Module	Resource (Code)	Unit No	Title	Level	Credit
Health and Safety	First Aid (PTE) Private Training Establishment <i>Not provided by Skills Active</i>	6401	Provide first aid	2	1
		6402	Provide resuscitation level 2	1	1
	Fitness Facility Health and Safety (FF SAFE) 5 REPs CECs	497	Protect health and safety in the workplace	1	1
		7016	Monitor and promote client security, comfort, enjoyment and learning in fitness and/or recreation	3	3
	Health Risks and Exercise Stress (RISK) 5 REPs CECs	21792	Demonstrate knowledge of health risk factors, disease, and monitor exercise stress	2	4
Professional Development Customer Service	Fitness as Business (FF SMILE) 25 REPs CECs	18763	Describe the process of community development as a participant	2	3
		56	Attend to customer enquiries face-to-face and on the telephone	1	2
		57	Provide customer service in given situations	2	2
		62	Maintain personal presentation in the workplace	2	2
		376	Employ customer service techniques for differing customer behaviours in a given situation	3	2
		1304	Communicate with people from other cultures	2	2
		7038	Explain the purpose, structure and operations of a fitness enterprise	3	4
		11097	Listen to gain information in an interactive situation	3	3
Exercise Technique	Anatomy of movement and stretching (MOVE) 5 REPs CECs	21791	Relate human anatomy and movement to gym equipment and static stretching	2	4
		21793	Demonstrate correct technique when using basic gym equipment	2	2
	Exercise Technique (EX TEC) Integrated Assessment 10 REPs CECs	21794	Demonstrate, instruct and monitor static stretching	2	3
		21795	Demonstrate, instruct and monitor safe and correct use of cardiovascular exercise equipment	2	3
Personal Development	Manage Personal Fitness (FITT) 5 REPs CECs	505	Manage personal physical fitness with guidance	1	3
	Nutrition (FOOD) 5 REPs CECs	6571	Demonstrate relevance of principles of nutrition to health	2	2