Exercise instruction & coaching qualifications acceptable for submission in sport and fitness qualifications

As part of the Level 2 module, Making your exercise instruction certificate count (EXF224) or Making your coaching certificate count (EXC224), you will need to have successfully completed one of two types of UK-accredited qualification by the end of the module.

The certificate can be either an exercise and fitness professional qualification recognised by the Register of Exercise Professionals (REPs) or a coaching qualification from an established sport with a recognised National Governing Body (NGB). The certificate gained from successful completion of this qualification demonstrates your instructional/coaching competence and will need to be electronically submitted as an appendix of the final end-of-module assessment (EMA) for EXCF224. The original certificate may be requested by the OU for verification purposes.

Please note that you will need to budget and pay for this certificate yourself, and will need to undertake all associated courses (e.g. First Aid, Child Protection etc) as well as any DBS or police check at your own expense. Failure to successfully complete your coaching/exercise instruction certificate will have major implications for passing your EMA and you will need to contact your tutor urgently to discuss your options if this situation arises.

If you are currently abroad and cannot access a UK qualification, please read the rest of this document and use the contact email address at the end of the document to enquire whether your qualification is appropriate.

Time scale

Normally the certificate should have been awarded within the last 8 years before submission of your EMA. If you are an exercise or fitness professional who qualified more than 8 years ago but have maintained your REPs status by Continued Professional Development (CPD), this is fine as long as you are still on the REPs Register.

You are reminded that if you work in the coaching or exercise industry you will probably be required to ensure that your certificate and other associated requirements (such as First Aid, Child Protection and DBS checks) are valid and up to date for the country you intend to work in. You should also ensure that you hold appropriate insurance as a coach or instructor which is recognised by your NGB or by REPs, as the Open University cannot regulate, insure nor be responsible for your coaching or instructing experience or employment.

Any queries about suitability of qualifications/certificates should be directed to: WELS-Sports@open.ac.uk
EXERCISE INSTRUCTION

Type of Exercise and Fitness qualification
The Register of Exercise Professionals (REPs) is the main reference point for Level 2 approved qualifications and Pilates/Yoga (at Level 3). Five types of exercise instruction qualifications are acceptable:

Level 2 Instructor (Gym)
or
Level 2 Instructor (Exercise to Music)
or
Level 2 Instructor (Aqua)
or
Level 2 Instructor (Physical Activity for Children)
or
Level 3 Instructor (EMDP, Yoga, Pilates – not available at level 2)

If you hold higher level 3/4 qualifications in the above categories, this is obviously also acceptable.

To check the REPs categories go to:

http://www.exerciseregister.org/about-reps/reps-entry-qualifications

We are happy to accept all these Level 2, 3 and 4 qualifications as well as the additional categories. However, we are not able to accept the non-levelled categories.

Awarding Bodies
These qualifications are certified by awarding bodies such as: City and Guilds, CYQ, Edexcel/Pearson, OCR, Active IQ, SQA or VTCT.

Training providers
Qualifications are delivered by a wide range of providers including private training providers and colleges. Teaching methods also vary from intensive face-to-face courses to those which use distance learning. The REPs website has a search facility to check whether training providers are recognised:

http://qualitytraining.skillsactive.com/course/search
SPORTS COACHING

sports coach UK and the National Governing Bodies for individual sports are the main reference point for Level 2 qualifications. Coaching is moving towards a UK Coaching Framework with common recognised levels for each sport. Your qualification should be equivalent to at least to a Level 2 coaching award (preferably recognised by sports coach UK and part of their ‘United Kingdom Coaching Certificate’ (UKCC) quality standard).

A provisional checklist of recognised sports (see Checklist 1 below) has been developed largely based on information from sports coach UK to help you identify whether your sport has developed training programmes for coaching that closely link to Level 2 standards. The governing bodies of these sports have committed themselves to the UK Coaching Framework and the certificates they issue will be appropriate from an Open University perspective.

The names of qualifications in each sport can differ; therefore, we have not attempted to list all course names.

Checklist 1 - Sports which have committed to the UK Coaching Framework

<table>
<thead>
<tr>
<th>Sport / discipline</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Angling</td>
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<tr>
<td>2. Badminton</td>
</tr>
<tr>
<td>3. Basketball</td>
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<tr>
<td>4. Canoeing</td>
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<tr>
<td>5. Cricket</td>
</tr>
<tr>
<td>6. Curling</td>
</tr>
<tr>
<td>7. Cycling (generic)</td>
</tr>
<tr>
<td>8. Equestrian – Generic riding</td>
</tr>
<tr>
<td>9. Equestrian – Carriage driving</td>
</tr>
<tr>
<td>10. Equestrian – Polocrosse</td>
</tr>
<tr>
<td>11. Equestrian – Horse ball</td>
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<tr>
<td>12. Equestrian – RDA</td>
</tr>
<tr>
<td>13. Equestrian – Vaulting</td>
</tr>
<tr>
<td>14. Equestrian – Western Riding</td>
</tr>
<tr>
<td>15. Football</td>
</tr>
<tr>
<td>16. Golf</td>
</tr>
<tr>
<td>17. Gymnastics – General</td>
</tr>
<tr>
<td>18. Gymnastics – Trampoline</td>
</tr>
<tr>
<td>19. Gymnastics – Rhythmic</td>
</tr>
<tr>
<td>20. Gymnastics – Tumbling</td>
</tr>
<tr>
<td>21. Gymnastics – Acrobatic</td>
</tr>
<tr>
<td>22. Gymnastics – Artistic</td>
</tr>
<tr>
<td>23. Gymnastics – Aerobic</td>
</tr>
<tr>
<td>24. Gymnastics – Pre-School</td>
</tr>
<tr>
<td>25. Gymnastics – Team</td>
</tr>
<tr>
<td>26. Hockey</td>
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<tr>
<td>27. Judo</td>
</tr>
<tr>
<td>28. Netball</td>
</tr>
</tbody>
</table>
29. Orienteering
30. Rounders
31. Rugby League
32. Rugby Union
33. Shinty
34. Squash
35. Swimming Coaching
36. Swimming Synchro
37. Swimming Water Polo
38. Swimming Diving
39. Swimming Aquatics Teaching
40. Table Tennis
41. Tennis
42. Triathlon
43. Volleyball
44. Water skiing
45. Wakeboarding
46. Wrestling

If your sport is not featured on Checklist 1, then please look at Checklist 2. Checklist 2 is a list of other sports with a recognised National Governing Body with appropriate coach training schemes and qualifications.

**Checklist 2 – National Governing Bodies with appropriate coach training schemes and qualifications compatible with Level 2 standards**

- Archery GB
- UK Athletics
- England Athletics
- Baseball Softball UK
- British Wheelchair Basketball
- Boccia England
- The Bowls Development Alliance
- Amateur Boxing Association
- EMDP (Exercise Movement and Dance)
- Goalball UK
- England Handball
- Pentathlon GB
- British Mountaineering Council
- Great Britain Wheelchair Rugby
- Royal Yachting Association
- British Shooting
- Snowsport England
- England Squash and Racketball
- Volleyball England
- British Weightlifting
My sport is not listed...
If your sport is not listed in this document, or you are overseas, do not be too concerned. You should contact WELS-Sports@open.ac.uk stating your name, telephone number and the name of the sport’s governing body that awards your instructor/coaching qualification. This will allow us to respond to your enquiry and assess the appropriateness of your sport’s training scheme and qualification. You are reminded that we are seeking qualifications at Level 2, i.e. beyond a basic introductory award.

Both checklists will be updated annually.