NPA Exercise & Fitness Leadership

<u>Course Overview</u>

The NPA in Exercise & Fitness Leadership provides a structured opportunity for candidates to experience a number of recognised ways of leading others in fitness activities in an environment which is realistic but supported.

The NPA allows candidates to develop their personal leadership qualities and to develop their knowledge and skills in fitness.

With regards to the SCQF points value, if candidates are successful in completing and passing the course it is the equivalent of a 6 (C) at Higher level.

The course has 3 blocks of work:

- **Cardiovascular Training**
    1. *Outlining basic physiological effects of cardiovascular training on the body.*
    2. *Explaining methods of individualising cardiovascular training for selected clients.*
    3. *Identifying the advantages & disadvantages of cardiovascular training methods, giving a rationale for the selection of exercises.*
    4. *Demonstrating cardiovascular training exercises and evaluating personal performance.*
- **Free Weight Training**
    1. *Describing free weight training exercises relating to major muscles.*
    2. *Describing basic physiological effects of free weight training on the body.*
    3. *Stating advantages & disadvantages of free weight exercises, providing rationales for the selection of exercises for specific clients.*
    4. *Demonstrating free weight training exercises and evaluating personal performance.*
- **Fixed Weight Training**
    1. *Describing fixed weight training exercises relating to major muscles.*
    2. *Describing basic physiological effects of fixed weight training on the body.*

3. *Stating advantages & disadvantages of selected fixed weight exercises, providing rationales for the selection of exercises for specific clients.*
4. *Demonstrating fixed weight training exercises and evaluating personal performance.*

Outcomes will be assessed internally. There is a large number of internal outcomes mixed with some practical assessments. These are completed under exam conditions and all must be passed in order to achieve the course award.