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| Name of partner: CIMSPA Training | Key contact: John Smith |
| Name of course: CIMSPA Instructor Course  |
| Overview of aims and objectives: The CIMSPA Instructor Course aims to equip participants with the essential skills and knowledge to become certified fitness instructors. Objectives include mastering instructional techniques, understanding fitness principles, and learning how to design effective workout plans.  |
| Tutor/ instructors qualifications and experience: All tutors and instructors are certified fitness professionals with a minimum of 5 years of experience in the industry. They hold relevant qualifications such as a BSc Degree in Sports Science.  |
| Total contact learning hours: 40 hours | **Link to webpage:**  <https://www.cimspa.co.uk/education-training/training-academy/> |
| Pre-requisites: Level 2 Fitness Instructor or equivalent | **CIMSPA Professional Standards** **(click** [**here**](https://www.cimspa.co.uk/education-training/professional-standards/professional-standards-library/) **to view library):** Gym Instructor |

**CIMSPA Scheme of Work (SOW)** – To ensure your education product submission is reviewed smoothly by a moderator, please make sure to fill in all the sections of this document. Incomplete sections will mean this document is sent back to you, which may cause delays in the CIMSPA Endorsement process. Examples and guidance are highlighted in yellow.

**SOW:**

| Module name and duration | Learning objectives | Content/ activities | Resources | Delivery method | Assessment method |
| --- | --- | --- | --- | --- | --- |
| Module 1: Introduction (1hr) | The induction would cover: * Outline objectives of course
* Identify local demographics
* Discuss cliental and how to interact
 | A PowerPoint presentation will be delivered, stating the objectives of the module, with a discussion between the group led by the tutor about what they want to learn from the course.  | These are the resources you will use to deliver these objective, in this instance it would be a PowerPoint with Information on local demographics. But it could be a supporting article, video etc. | This is how you will deliver this module and who by. For example this module will be delivered by the tutor with a group discussion taking place. | This is how you would assess this module and its learning outcomes. For example if this were about anatomy and physiology for example you may have multiple choice questions that would ask questions on this module. Or for example just an overall final practice. How will you asses learning against the objectives? |
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