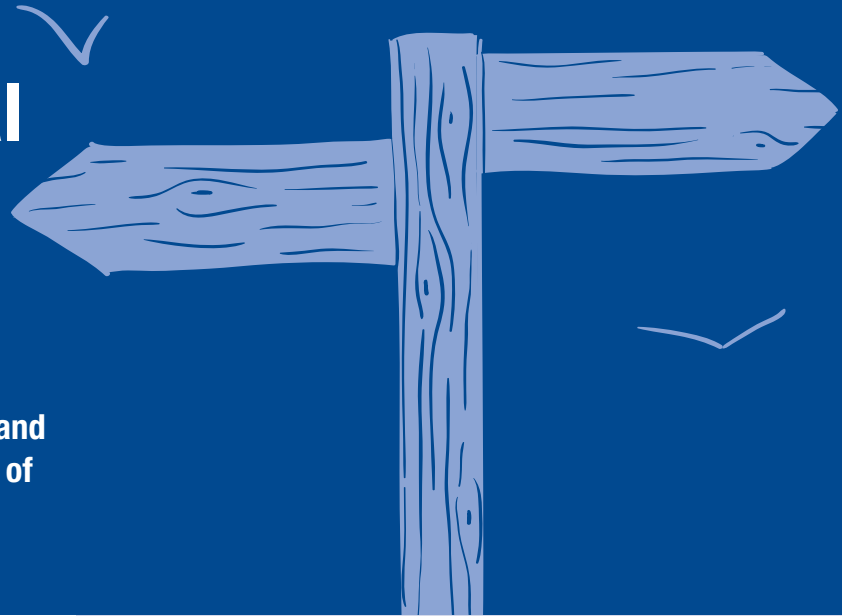


## Level 2

# Certificate in Physical Activity & Health Improvement

This qualification gives learners the knowledge and understanding to improve the health and fitness of individuals and communities.



### WHO NEEDS THIS QUALIFICATION?

- Health & wellbeing professionals
- Fitness & exercise coaches
- Public health workforce involved with behaviour change
- Health programme managers and coordinators
- Workplace & volunteer health champions

### WHY RSPH?

RSPH is the UK's leading independent OFQUAL regulated awarding body for public health qualifications.

### HOW IS IT ASSESSED?

Candidates are assessed by multiple-choice examinations, the completion of learner workbooks and a combination of centre-devised assessments. These assessments may include assignments, written examinations, professional discussions and producing a portfolio of evidence.

### WHAT DOES THIS QUALIFICATION COVER?

- Understanding how inequalities in health develop and the policies that have been created to address them
- What are the effective communication methods to support health messages
- How to promote health improvements to others
- How to safeguard adults and children in a fitness environment
- Understanding attitudes and beliefs about mental health
- Planning a group training session including circuit training
- Identify how mental health can be improved in individuals and communities
- How to develop and maintain relationships with clients
- How to make exercise accessible for people of all fitness abilities



**Guided Learning time:**  
196 hours

**Total qualification time:**  
286 hours

**9 units**