



# VTCT Traineeships

## Sport, Active Health and Fitness Qualifications



Code	TQT	Qualification Title
<b>Level 1</b>		
AF10485	360 TQT	VTCT Level 1 Certificate in Sport and Active Leisure Studies
<b>Level 2</b>		
AF20452	60 TQT	VTCT level 2 Award in Delivering Chair-Based Exercise
iSP2A3	40 TQT	VTCT (ITEC) Level 2 Award in Instructing Suspension Training
iSP2A4	40 TQT	VTCT (ITEC) Level 2 Award in Instructing Strength and Conditioning Sessions
iSP2A1	30 TQT	VTCT (ITEC) Level 2 Award in Instructing Kettlebell Training Sessions
iSP2A2	40 TQT	VTCT (ITEC) Level 2 Award in Instructing Studio Cycling Sessions
AF20104	300 TQT	VTCT Level 2 NVQ Certificate in Activity Leadership
SP2C7	270 TQT	VTCT Level 2 Certificate in Instructing Gym-Based Exercise
SP2C8	243 TQT	VTCT Level 2 Certificate in Instructing Group Exercise to Music
SP2C9	243 TQT	VTCT Level 2 Certificate in Instructing Group Circuit Training
SP2C10	243 TQT	VTCT Level 2 Certificate in Instructing Group Water-based Exercise
iSP2C4	240 TQT	VTCT (ITEC) Level 2 Certificate in Fitness Instructing (Exercise to Music)
iSP2C5	240 TQT	VTCT (ITEC) Level 2 Certificate in Fitness Instructing (Gym-based Exercise)
<b>Level 3</b>		
AF30024	50 TQT	VTCT Level 3 Award in Taping and Strapping for Sport and Active Leisure
AF30081	60 TQT	VTCT Level 3 Award in Nutrition for Physical Activity
AF30083	50 TQT	VTCT Level 3 Award in Applying Hot and Cold Techniques in Sport and Active Leisure
AF30455	60 TQT	VTCT Level 3 Award in Designing Physical Activity Programmes for Antenatal and Postnatal Clients
AF30456	60 TQT	VTCT Level 3 Award in Designing Physical Activity Programmes for Older Adults