

L2 YMCA Awards Community Activator



Entry Requirements

Over 18

Course Overview

This innovative qualification, the first of its kind in the UK active leisure sector, has been designed to address government priorities around improving the health of the nation. It does this by facilitating increased levels of physical activity in sedentary populations using a community based approach.

The qualification will appeal to learners who wish to become community activators and support members of their community adopt and maintain healthier lifestyles. Moreover, it empowers learners to support behaviour change at an individual level in the adoption and maintenance of a more active lifestyle and signposting them to further opportunities and support.

Course Content

- Engaging communities in physical activity
- Understand health and its relation to physical activity
- Understand how to assess an individual's suitability to participate in physical activity
- Prepare to deliver, lead and evaluate a physical activity session

Recognised Qualification

- QCF qualification awarded by YMCA Awards
- SkillsActive recognised

Accreditations



Format Options



Face-to-face

This course requires three days attendance when you will be given a comprehensive training manual. If you are interested in making a group booking we can provide this qualification as an in-house course and create a bespoke delivery and assessment format to meet your needs.

Assessment

- Worksheets
- Practical observation of leading physical activity

Certification

Level 2 Central YMCA Qualification Award in Community Activation



What next?

- L2 Seated Recreational Physical Activity Instructor (CPD)
- L2 Understanding Behaviour Change
- L2 Encouraging Physical Activity