
Exercise, Movement and Dance (EMDP) Level 3 Qualification

The information contained in the qualification overview is a guide only and whilst it is accurate at the time of going to print the programme is subject to regular review.

The EMDP level 3 qualification

Introduction

The Exercise, Movement and Dance (EMD) Level 3 Qualification has been specifically designed to provide comprehensive training for those who want to offer an alternative to gym and studio based exercise and fitness programmes. It is ideal for those who are already involved in the exercise and fitness sector and also those new to the sector but who have a passion for helping others to lead a more active lifestyle.

Qualification Overview

The qualification is at Level 3 on the National Qualifications Framework and is recognised at the same level by the Register of Exercise Professionals. It has been developed as a progressive programme which will improve your own movement skills whilst teaching you to become an effective teacher of exercise, movement and dance. It will also provide you with the knowledge and skills to market your classes in order to achieve a second or primary income.

Developed by the three leading organisations in the field¹ and awarded by the premier awarding body in the sector (Central YMCA Qualifications) the Level 3 Qualification will guide you through a programme which will prepare you to deliver a comprehensive programme of exercise movement and dance classes to adults.

Role

Once qualified a holder of the Level 3 Qualification in Exercise Movement and Dance will be equipped with the knowledge, skills and understanding to plan and deliver a safe and effective exercise, movement and dance programme to groups comprising adults of a range of ability and fitness levels within the context of either The Fitness League, The Keep Fit Association or The Medau Society.

Assessment Overview

Assessment will take place throughout the course and will cover theoretical knowledge and practical teaching. Assessment will largely take the form of worksheets; oral questioning; teaching observation and a written examination. In addition all candidates will be required to complete a reflective journal. Additional details relating to assessment can be found below relating to each of the stages within the programme.

¹ Keep Fit Association (KFA); The Fitness League (TFL); The Medau Society (TMS)

The four stage programme is as follows:

Stage 1 — Orientation Day

The time requirement for stage 1 is 6.5 hours

The Orientation Day will provide you with the opportunity to get a feel for what teaching EMD is all about and through significant practical activity you will experience each of the three disciplines first hand. You will also have the chance to speak with trainers who themselves are delivering classes on a weekly basis and to begin to appreciate the opportunities that may be available once you are qualified. During the Orientation Day you will be introduced to:

- The role of the EMDP
- The training programme from enrolment through to certification
- The key aspects related to being an exercise, movement and dance teacher
- Exercise principles appropriate to KFA, TFL and Medau (practical activity)
- The benefits of exercise
- Some of the key skills and movement competences required by an EMD teacher

Assessment requirements for stage 1

No formal assessment; attendance and participation; informal assessment of movement competence and key skills

Stage 2 — Directed Home Study

The time requirement for stage 2 is approximately 18 hours.

This is an opportunity for you to work in your home environment and, through the completion of specific tasks, you will broaden your own knowledge about EMD and to gain additional movement experience. During stage 2 you will be required to:

- Participate in exercise, movement and dance classes (or similar)
- Continue to develop underpinning knowledge of teaching EMD
- Continue to develop your understanding of the exercise principles appropriate to KFA, TFL and Medau.
- Commence the development of your reflective journal
- Complete a number of observations of an EMD teacher (or similar)

And be introduced to:

- The role and responsibilities of a level 3 Teacher of EMD

Assessment requirements for stage 2

Participation log; session observations; three worksheets and one short research assignment

Stage 3 — Common Core Modules

The time requirement for stage 3 is approximately 84 hours including attendance at the workshops (42 hours) and additional work required following the workshops.

Stage 3 will provide a whole range of underpinning knowledge relevant to being an EMD teacher and will cover the following areas:

1. Introduction to the principles of preparation, planning and evaluation of an individual session and a series of sessions
2. Dealing with accidents, emergencies and health and safety within the context of EMD
3. Benefits of physical activity
4. Development of effective communication within the context of exercise, movement and dance
5. Introduction to the basic concepts of teaching and learning within the context of exercise, movement and dance
6. Planning for personal and professional development
7. Understanding the anatomy, physiology and biomechanics related to adults
8. Introduction to the use of music in the context of exercise, movement and dance

Following each module you will be required to complete a worksheet in the comfort of your own home.

Assessment requirements for stage 3

Worksheet for each of the common core modules; written examination of approximately 1.5 hours covering content contained in CCMs 2, 3, 5 and 7.

Stage 4 — Discipline Specific Theory and Practice

The time requirement for stage 4 is approximately 144 hours including 96 hours attendance and 48 hours additional work required for planning, completing set tasks etc.

Stage 4 will focus on the discipline you have chosen to follow and will cover:

- Additional technical knowledge not covered in stages 1 – 3
- Technical knowledge specific to your chosen discipline

- The skills, knowledge and understanding related to teaching EMD within your chosen discipline
- The practical teaching of groups
- Personal movement performance

Assessment requirements for stage 4

Practical teaching of a group of participants; session plans; scheme of work; application of knowledge learned throughout the programme; discipline specific knowledge.

Verification

Training and assessment will be subject to a process of internal and external verification

Time requirements

The time requirements indicated above are for guidance only and may vary. Whilst the time spent at workshops, attendance at stage 4 etc is fixed the time required to complete work away from the course will vary from candidate to candidate based upon factors such as previous knowledge and experience, time since last involved in learning etc.