

MEGAMIXFIT® ACCEPTED QUALIFICATIONS



This document provides a full list of all of the qualifications that we accept as a pre-requisite for undertaking MegaMixFit® Instructor Training.

If you do not currently hold any of the below qualifications then please do get in touch as we can offer dual savings on Fitness Qualifications through our EMD UK membership. For more information please email info@megamixfit.com

FITNESS QUALIFICATIONS

Qualification title / Awarding body	Level
1st4sport	
1st4sport Level 2 Certificate in Fitness Instructing	Level 2
1st4sport Level 2 NVQ Diploma in Instructing Exercise and Fitness	Level 2
1st4sport Level 3 Certificate in Personal Training	Level 3
1st4sport Level 3 NVQ Diploma in Personal Training	Level 3
Active IQ	
Active IQ Level 2 Award in Adapting Fitness Instruction for Adolescents	Level 2
Active IQ Level 2 Certificate in Fitness Instructing (Children)	Level 2
Active IQ Level 2 Certificate in Fitness Instructing (Gym)	Level 2
Active IQ Level 2 Certificate in Fitness Instruction (VRQ)	Level 2
Active IQ Level 2 Certificate in Fitness Instruction and Self-Development in Active Leisure	Level 2
Active IQ Level 2 Certificate in Instructing Pre-designed Exercise Sessions	Level 2
Active IQ Level 2 Diploma in Fitness Instructing, Sales and Business Skills	Level 2
Active IQ Level 2 Diploma in Health and Fitness	Level 2
Active IQ Level 2 Diploma in Physical Activity, Fitness and Exercise Science	Level 2
Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness	Level 2
Active IQ Level 2 Award in Instructing Circuit Sessions	Level 2
Active IQ Level 2 Award in Instructing Kettlebells	Level 2
Active IQ Level 2 Award in Instructing Studio Cycling	Level 2
Active IQ Level 2 Award in Instructing Suspended Movement Training	Level 2
Active IQ Level 2 Certificate in Fitness Instructing (Aqua)	Level 2
Active IQ Level 2 Certificate in Group Training	Level 2
Active IQ Level 2 Diploma in Teaching Exercise, Movement and Dance	Level 2
Active IQ Level 3 Diploma in Teaching Exercise, Movement and Dance (FLEXercise)	Level 3
Active IQ Level 3 Diploma in Teaching Exercise, Movement and Dance (KFA)	Level 3
Active IQ Level 3 Diploma in Teaching Exercise, Movement and Dance (Medau)	Level 3

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FITNESS QUALIFICATIONS CONTINUED

Qualification title / Awarding body	Level
Active IQ	
Active IQ Level 3 Award in Conversion of Advanced Fitness Instructor to Personal Trainer Status	Level 3
Active IQ Level 3 Certificate in Personal Fitness Training	Level 3
Active IQ Level 3 Certificate in Personal Training	Level 3
Active IQ Level 3 Diploma in Fitness Instructing and Personal Training	Level 3
Active IQ Level 3 Diploma in Personal Training	Level 3
Active IQ Level 3 Diploma in Personal Training and Business Skills for Fitness Professionals	Level 3
Active IQ Level 3 Diploma in Personal Training for Health, Fitness and Performance	Level 3
Active IQ Level 3 Extended Diploma in Personal Training for Health, Fitness and Performance	Level 3
Active IQ Level 3 NVQ Diploma in Personal Training	Level 3
Active IQ Level 3 Diploma in Health and Fitness	Level 3
AoFAQ	
AoFAQ Level 2 in Fitness Instructing - Gym Based Exercise	Level 2
AoFAQ Level 3 Diploma in Personal Training	Level 3
Australian Institute of Fitness Certificate IV in Fitness	Level 3
City & Guilds	
City & Guilds Level 2 Certificate in Fitness Instructing	Level 2
City & Guilds Level 2 NVQ Diploma in Instructing Exercise and Fitness	Level 2
City & Guilds Level 3 Certificate in Personal Training	Level 3
City & Guilds NVQ Coaching, Teaching and Instructing Level 3 (Adults Exercise and Fitness)	Level 3
City & Guilds Level 3 NVQ Diploma in Personal Training	Level 3
Focus Awards	
Focus Awards Level 2 Certificate in Fitness Instructing	Level 2
Focus Awards Level 2 Certificate in Fitness Instructing (Gym Based Exercise)	Level 2
Focus Awards Level 2 NVQ Diploma in Instructing Exercise and Fitness	Level 2
Focus Awards Level 3 Certificate in Personal Training	Level 3
Focus Awards Level 3 Diploma in Fitness Instructing and Personal Training	Level 3
Focus Awards Level 3 NVQ Diploma in Personal Training	Level 3
IAO	
IAO Level 2 Certificate for the Interactive Gym Instructor	Level 2
IAO Level 2 Certificate In Fitness Instructing	Level 2

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Qualification title / Awarding body	Level
IAO	
IAO Level 2 Certificate in Gym Instructing	Level 2
IAO Level 2 Diploma in Active Leisure and Exercise Professionals	Level 2
IAO Level 2 NVQ Diploma in Instructing Exercise & Fitness	Level 2
IAO Level 2 Diploma in Active Leisure and Exercise Professionals	Level 2
IAO Level 3 Award in Conversion of Advanced Fitness Instructor to Personal Trainer Status	Level 3
IAO Level 3 Certificate in Personal Training	Level 3
IAO Level 3 Diploma in Fitness Instructing and Personal Training	Level 3
IAO Level 3 Diploma in Personal Training	Level 3
IAO Level 3 Diploma in Personal Training and Business Planning	Level 3
IAO Level 3 NVQ Diploma in Personal Training	Level 3
IAO Level 3 Award in Conversion of Advanced Fitness Instructor to Personal Trainer Status	Level 3
IAO Level 3 Diploma In Fitness Instructing and Personal Training	Level 3
ITEC	
ITEC Level 2 Certificate in Fitness Instructing	Level 2
ITEC Level 2 Diploma in Fitness and Exercise Instruction	Level 2
ITEC Level 2 Award in Instructing Kettlebell Training Sessions	Level 2
ITEC Level 2 Award in Instructing Studio Cycling Sessions	Level 2
ITEC Level 2 Award in Instructing Suspension Training	Level 2
ITEC Level 3 Certificate in Personal Training	Level 3
ITEC Level 3 Diploma in Personal Training (Gym-Based Exercise)	Level 3
ITEC Level 3 NVQ Diploma in Personal Training	Level 3
NCFE	
NCFE Level 2 Certificate in Fitness Instructing	Level 2
NCFE Level 2 Certificate in Gym Instructing	Level 2
NCFE Level 2 NVQ Diploma in Instructing Exercise and Fitness	Level 2
NCFE Level 3 Certificate in Personal Training	Level 3
NCFE Level 3 Diploma in Personal Training	Level 3
NCFE Level 3 NVQ Diploma in Personal Training	Level 3
OCR	
OCR Level 3 Cambridge Technical Foundation Diploma in Sport and Physical Activity (Fitness Instructing)	Level 3
OCR Level 3 Cambridge Technical Diploma in Sport and Physical Activity (Personal Training)	Level 3

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FITNESS QUALIFICATIONS CONTINUED

Qualification title / Awarding body	Level
Pearson	
Pearson Level 2 NVQ Diploma in Instructing Exercise and Fitness	Level 2
Pearson Level 3 NVQ Diploma in Personal Training	Level 3
SIS	
SIS30315 Certificate III in Fitness (Australia)	Level 2
SIS40215 Certificate IV in Fitness (Australia)	Level 3
Skills Active	
Skills Active Advanced Level Apprenticeship in Personal Training	Level 3
Southampton Solent University	
Southampton Solent University Personal Trainer Award	Level 3
SQA	
SQA Higher National Certificate in Fitness, Health and Exercise	Level 2
SQA Higher National Diploma in Fitness, Health and Exercise	Level 3
SQA Level 7 Professional Development Award in Personal Training	Level 7
University of East London	
University of East London Level 2 Gym Instructor Award	Level 2
VTCT	
VTCT Level 2 Certificate in Instructing Gym-Based Exercise	Level 2
VTCT Level 2 Certificate in Fitness Instructing	Level 2
VTCT Level 2 Diploma in Exercise, Health and Fitness Studies	Level 2
VTCT Level 2 NVQ Diploma in Instructing Exercise and Fitness	Level 2
VTCT Level 2 Award in Instructing Circuit Sessions	Level 2
VTCT Level 2 Award in Instructing Circuit Training Sessions	Level 2
VTCT Level 2 Award in Instructing Kettlebell Training Sessions	Level 2
VTCT Level 2 Award in Instructing Studio Cycling Sessions	Level 2
VTCT Level 2 Certificate in Instructing Exercise to Music to Older Adults and People with Disabilities	Level 2
VTCT Level 3 Certificate in Personal Training	Level 3
VTCT Level 3 Diploma in Personal Training (Gym-Based Exercise)	Level 3
VTCT Level 3 Diploma in Personal Training (Specific Populations)	Level 3
VTCT Level 3 NVQ Diploma in Personal Training	Level 3

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FITNESS QUALIFICATIONS CONTINUED

Qualification title / Awarding body	Level
YMCA	
YMCA Level 2 Certificate in Fitness Instructing	Level 2
YMCA Level 2 Certificate in Gym Instructing	Level 2
YMCA Level 2 Diploma In Promoting Health and Wellness	Level 2
YMCA Level 2 NVQ Diploma in Health, Fitness and Exercise Instruction	Level 2
YMCA Level 2 NVQ Diploma in Instructing Exercise and Fitness	Level 2
YMCA Awards Level 2 Award in Step Exercise to Music	Level 2
YMCA Level 2 Award in Instructing Circuit Training Sessions	Level 2
YMCA Level 2 Award in Instructing Group Indoor Cycling Sessions	Level 2
YMCA Level 2 Award in Instructing Kettlebell Training Sessions	Level 2
YMCA Level 2 Award in Instructing Suspended Movement Training Sessions	Level 2
YMCA Level 2 Certificate in Instructing Circuit Training Sessions	Level 2
YMCA Level 2 Certificate in Instructing Group Indoor Cycling Sessions	Level 2
YMCA Level 2 Certificate in Teaching Group Exercise to Music (Freestyle)	Level 2
YMCA Level 3 Certificate in Advanced Fitness Instructing in the context of Gym or Exercise to Music	Level 3
YMCA Level 3 Certificate in Personal Training	Level 3
YMCA Level 3 Diploma in Gym Instructing and Personal Training	Level 3
YMCA Level 3 Diploma in Personal Training	Level 3
YMCA Level 3 Diploma in Personal Training (Gym-Based Exercise)	Level 3
YMCA Level 3 Diploma in Personal Training and Instruction	Level 3
YMCA Level 3 Diploma in Personal Training (Practitioner), Outdoor Exercise and Sports Conditioning	Level 3
YMCA Level 3 Diploma in Personal Training (Practitioner), Outdoor Exercise, Sports Conditioning, and Portable Equipment	Level 3
YMCA Level 3 NVQ Diploma in Personal Training	Level 3
YMCA Level 3 Award in Instructing Boot Camp Fitness Training	Level 3
YMCA Level 3 Award in Instructing Outdoor Fitness	Level 3

MEGAMIXFIT® ACCEPTED QUALIFICATIONS



DANCE QUALIFICATIONS

Qualification title / Awarding body	Level
1st4sport	
1st4sport Level 3 Award in Supporting the Delivery of Dance in Physical Education and School Sport	Level 3
Active IQ	
Active IQ Level 3 Diploma in Teaching Exercise, Movement and Dance	Level 3
Active IQ Level 3 Diploma in Teaching Exercise, Movement and Dance (FLexercise)	Level 3
Active IQ Level 3 Diploma in Teaching Exercise, Movement and Dance (KFA)	Level 3
Active IQ Level 3 Diploma in Teaching Exercise, Movement and Dance (Medau)	Level 3
AQA	
AQA Level 3 Advanced GCE in Dance	Level 3
AQA Level 3 Advanced Subsidiary GCE in Dance	Level 3
BBO	
BBO Level 3 Certificate in Graded Examination in Dance: Grade 7	Level 3
BBO Level 3 Certificate in Graded Examination in Dance: Grade 6	Level 3
BBO Level 3 Certificate in Graded Examination in Dance: Grade 8	Level 3
BBO Level 3 Certificate in Vocational Graded Examination in Dance: Intermediate	Level 3
BBO Level 4 Diploma in Dance Teaching	Level 4
BBO Level 4 Diploma in Vocational Graded Examination in Dance: Advanced 2	Level 4
BBO Level 4 Certificate in Vocational Graded Examination in Dance: Advanced 1	Level 4
BBO Level 5 Diploma in Dance Teaching	Level 5
BBO Level 6 Diploma in Dance Teaching	Level 6
BBO Level 6 Extended Diploma in Dance Teaching	Level 6
GQAL	
GQAL Level 3 Certificate For Dance Teaching Assistant	Level 3
GQAL Level 3 Certificate in Vocational Graded Examination in Theatre Dance: Intermediate	Level 3
GQAL Level 3 Certificate in Graded Examination in Theatre Dance: Grade 6	Level 3
GQAL Level 3 Certificate in Graded Examination in Theatre Dance: Grade 7	Level 3
GQAL Level 3 Certificate in Vocational Graded Examination in Theatre Dance: Advanced Foundation	Level 3
GQAL Level 3 Certificate in Graded Examination in Theatre Dance: Grade 8	Level 3
GQAL Level 3 Certificate in Graded Examination in Contemporary Dance: Grade 6	Level 3
GQAL Level 4 Certificate In Dance Teaching	Level 4
GQAL Level 4 Diploma in Vocational Graded Examination in Theatre Dance: Advanced 2	Level 4



DANCE QUALIFICATIONS CONTINUED

Qualification title / Awarding body	Level
GQAL	
GQAL Level 4 Certificate in Vocational Graded Examination in Theatre Dance: Advanced 1	Level 4
GQAL Level 5 Diploma in Dance Teaching and Management	Level 5
GQAL Level 5 Diploma in Professional Development in Theatre Dance	Level 5
IBO	
IBO Level 3 Certificate in HL Dance	Level 3
IBO Level 3 Certificate in SL Dance	Level 3
IDTA	
IDTA Level 3 Diploma for Dance Teaching Assistants	Level 3
IDTA Level 3 Certificate in Vocational Graded Examination in Dance: Intermediate	Level 3
IDTA Level 4 Diploma in Dance Teaching	Level 4
IDTA Level 4 Certificate in Vocational Graded Examination in Dance: Advanced 1	Level 4
IDTA Level 4 Diploma in Vocational Graded Examination in Dance: Advanced 2	Level 4
ISTD	
ISTD Level 3 Certificate in Graded Examination in Dance: Grade 6	Level 3
ISTD Level 3 Certificate in Vocational Graded Examination in Dance: Intermediate	Level 3
ISTD Level 4 Diploma in Dance Education	Level 4
ISTD Level 4 Certificate in Vocational Graded Examination in Dance: Advanced 1 Analysis	Level 4
ISTD Level 4 Diploma in Vocational Graded Examination in Dance: Advanced 2 Analysis	Level 4
ISTD Level 4 Certificate in Vocational Graded Examination in Dance: Advanced 1	Level 4
ISTD Level 4 Diploma in Vocational Graded Examination in Dance: Advanced 2	Level 4
ISTD Level 6 Diploma in Dance Pedagogy	Level 6
NATD	
NATD Level 3 Certificate in Vocational Graded Examination in Dance: Intermediate	Level 3
NATD Level 3 Certificate in Graded Examination in Dance: Grade 6	Level 3
NATD Level 3 Certificate in Graded Examination in Dance: Grade 7	Level 3
NATD Level 3 Certificate in Graded Examination in Dance: Grade 8	Level 3
NATD Level 4 Diploma in Dance Teaching	Level 4
NATD Level 4 Certificate in Vocational Graded Examination in Dance: Advanced 1	Level 4
NATD Level 4 Diploma in Vocational Graded Examination in Dance: Advanced 2	Level 4

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DANCE QUALIFICATIONS CONTINUED

Qualification title / Awarding body	Level
RAD	
RAD Level 3 Certificate in Graded Examination in Dance: Grade 6 (Ballet)	Level 3
RAD Level 3 Certificate in Vocational Graded Examination in Dance: Advanced Foundation (Ballet)	Level 3
RAD Level 3 Certificate in Graded Examination in Dance: Grade 8 (Ballet)	Level 3
RAD Level 3 Certificate in Graded Examination in Dance: Grade 7 (Ballet)	Level 3
RAD Level 3 Certificate in Vocational Graded Examination in Dance: Intermediate (Ballet)	Level 3
RAD Level 4 Certificate in Vocational Graded Examination in Dance: Advanced 1 (Ballet)	Level 4
RAD Level 4 Diploma in Vocational Graded Examination in Dance: Advanced 2 (Ballet)	Level 4
RAD Level 5 Certificate in Vocational Graded Examination in Dance: Solo Seal (Ballet)	Level 5
RSL	
RSL Level 3 Certificate in Vocational Graded Examination in Dance: Advanced Foundation (QCF)	Level 3
RSL Level 3 Certificate in Graded Examination in Dance: Grade 8	Level 3
RSL Level 3 Certificate in Vocational Graded Examination in Dance: Intermediate (QCF)	Level 3
RSL Level 3 Certificate in Graded Examination in Dance: Grade 6	Level 3
RSL Level 3 Certificate in Graded Examination in Dance: Grade 7	Level 3
RSL Level 4 Diploma in Dance Teaching	Level 4
RSL Level 4 Certificate in Vocational Graded Examination in Dance - Advanced 1	Level 4
RSL Level 4 Diploma in Vocational Graded Examination in Dance: Advanced 2	Level 4
TCL	
TCL Level 5 Diploma In Professional Dance	Level 5
TCL Level 6 Diploma In Professional Dance	Level 6
TCL Level 6 Diploma in Dance Teaching and Learning	Level 6
Other certificates	
Level 3 Certificate in Graded Examination in Contemporary Dance: Grade 7	Level 3
Level 3 Certificate in Graded Examination in Contemporary Dance: Grade 8	Level 3

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