

## Fitness Instructing Certificate Level 2

This course is designed for 19+ adults.

This qualification will allow you to enter the Health and Fitness Industry as a gym instructor.

This course will run for 24 weeks, two evenings a week from 6-9pm. Days to be confirmed.

### Progression opportunities

This course will lead to:

- YMCA Level 3 Diploma in Personal Training
- YMCA Level 3 Award in Business skills for the fitness professional
- Apprenticeship in exercise and fitness

### Entry Requirements

The entry requirements for this course are:

- Some experience of gym-based exercise
- English and maths Level 2 at Grade 4 (C) or above

You will be required to attend an informal interview which may include completing an assessment based on your prior qualifications.

### What will I study?

This course consists of the following modules:

#### Disclaimer:

Every effort has been made to ensure the details contained in this leaflet are up-to-date and accurate at the time of printing. However, the College reserves the right to alter or cancel courses, their content, entry requirements, fees or other details should circumstances dictate.

- Anatomy and physiology
- Customer experience
- Lifestyle management and health awareness
- Programme planning and preparation
- Programme delivery and professional instruction

## How will I be assessed?

You will be assessed via a combination of:

- Practical assessment
- Multiple choice theory paper

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