



Level 2 Certificate in Fitness Instructing (Gym)

This course provides learners with the skills and knowledge to plan, deliver and evaluate safe and effective exercise programme sessions for gym/leisure centre members. Learners successfully completing this qualification will gain access onto the Register of Exercise Professionals (REPS) at Level 2.

This Level 2 qualification is aimed at learners who want to pursue a career as a fitness instructor in the sports industry.

This course covers the following topics:

- Health, safety & welfare in a fitness environment
- Anatomy & physiology for exercise
- Principles of exercise, fitness & health
- Communicate effectively to support clients who take part in exercise & physical activity
- Plan & deliver gym-based exercises effectively

If you are over 19 and are currently living in Wales you could be eligible for a FREE course under the Welsh Government Personal Learning Accounts (PLA) funding. We can discuss funding with you upon enquiry.

Entry Requirements

None.

Career Prospects

This level 2 qualification is aimed at learners who want to pursue a career as a fitness instructor in the sports industry.

Course Modules

This course costs £683.



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Assessment

The qualification is assessed through examinations.

STUDY MODE

PT

LOCATION

Llandarcy Academy of Sport - 03308 188 100

COURSE LENGTH

14W

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