



Level 2 Gym Instructor

Study Type

Part Time

Course Area

Sport & Sport Science

Course Duration

14 weeks

Entry Requirements

Previous study at Level 2 in a sport or exercise related discipline or experience in the industry. Aged 17+

Course Information

This qualification is designed to provide the knowledge, understanding and practical skills needed to work as a Gym Instructor in the sport and physical activity sector. The course encompasses knowledge and understanding of the sector and the role as well as practical aspects that are relevant to working as a Gym Instructor. During the course you will cover topics such as Anatomy and physiology for exercise, maximising the customer experience in a gym environment, supporting client health and well-being, Conducting client consultations and gym inductions, planning and reviewing gym-based exercise programmes and Instructing and supervising gym-based exercise programmes. This qualification is mapped to the CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) Gym Instructor.

Assessment

Portfolio based evidence collection and practical assessment.

Progression

This course is a pre-requisite for the Level 3 Personal Training qualification. It is also possible to progress onto an apprenticeship in Personal Training.

Additional Information

Cost - £400