



CITY AND ISLINGTON
COLLEGE

wk©
Westminster
Kingsway College

The College of
Haringey, Enfield
and North East London



Capital
City
College
Training

Gym Instructing - Level 2 YMCA Certificate

If you are interested in working in a gym or are already working as a fitness instructor but need to gain qualifications to reach the next level in your career, then this is the course for you.

The course runs on 2 evenings per week for approximately 18 weeks.

On successful completion of this course, you are able to progress immediately onto the Level 3 YMCA Diploma in Personal Training (Practitioner) which allows you to be fully PT qualified in one academic year.

WHAT WILL I STUDY?

Topics covered will include:

- Anatomy and physiology for exercise
- Planning and instructing gym-based exercise
- Principles of positive customer service
- Lifestyle management

Completion of these units will qualify you for a full Level 2 YMCA Certificate in Gym Instructing qualification which will allow you to work within a gym environment.

WHAT WILL I NEED?

You will need:

- Four GCSEs at grade 3 or above, including English and Maths or an equivalent Level 1 qualification (eg. City & Guilds or Functional Skills)

All applicants must have an interview to confirm that the course is suitable for them.

HOW WILL I BE ASSESSED?

You will be assessed via a combination of observations during practical tasks and written coursework.

Start Date: 16 October 2024

Duration: 18 Weeks

Attendance: Part Time

Location: Enfield Centre



Capital City
College Group
www.capitalccg.ac.uk

Assessments throughout the course vary from assignment to assignment, giving you a chance to showcase your development through a variety of methods.

WHAT WILL IT COST?

You will be required to wear sport clothing and footwear.

WHAT CAN I DO AFTER?

On successful completion of this course you may progress onto Level 3 YMCA Diploma in Personal Training (Practitioner) or Level 3 BTEC Extended Diploma in Sport.

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