Gym Instructing (Exercise and Fitness) - Level 2 YMCA Diploma

If you are interested in working within 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 course is ideal for you. The course has a number of individual awards (eg. circuit training, exercise to music, studio resistance, step exercise and fitness walking) which may make your CV stand out from the crowd.

The course runs 2 days per week for approximately 36 weeks.

On completion of this course, you can enrol on the Level 3 YMCA Diploma in Personal Training (Practitioner) in September.

WHAT WILL I STUDY?

Topics covered can include:

- Anatomy and physiology for exercise
- Planning and instructing gym-based exercise
- Planning and instructing circuit sessions
- Preparing and leading a fitness walking session
- Preparing and instructing studio resistance sessions
- Preparing and instructing exercises to music sessions
- Preparing and instructing step exercise sessions
- Principles of positive customer service
- Mental health awareness
- Lifestyle management
- Working within the community
- Working with inactive people

Completion of these units will qualify you for a full Level 2 YMCA Diploma in Exercise and Fitness Instructing qualification which will allow you to work within a gym environment and deliver a number of addtional classes.

Start Date: 29 October 2024
Duration: 36 Weeks
Attendance: Full Time
Location: Enfield Centre

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. 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 need to wear sport-related 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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Ofsted Good Provider

Capital City College Group

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