



CITY AND ISLINGTON  
COLLEGE

wk<sup>©</sup>

Westminster  
Kingsway College

The College of  
Haringey, Enfield  
and North East London



Capital  
City  
College  
Training

# Exercise & Fitness Instructing - Level 2 YMCA Diploma

If you are already working as a fitness instructor but need to gain qualifications to reach the next level in your career or want to become a fitness instructor then this course could be ideal for you. The course runs on 2 days per week for approximately 37 weeks.

## 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
- Circuit Training
- Studio Resistance
- Exercise to Music
- Fitness Walking
- Working within the Community
- Working with Inactive People
- Understanding Employment in the Fitness Sector

Completing these units will qualify you for a full Level 2 YMCA Diploma in Exercise and Fitness Instruction, allowing you to work within a gym environment, plus deliver a number of additional classes.

## 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.

**Start Date:** 2 September 2024

**Duration:** 1 Year

**Attendance:** Full Time

**Location:** Enfield Centre



Capital  
City  
College  
Group

## 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?

ADULTS - ENTRY LEVEL, LEVEL 1 AND LEVEL 2

If you will be aged 19+ on 31st August prior to the start date of your course, up to Level 2, then your study with us will be free. You must have lived for 3 years within the EU/EEA/UK prior to the start of your course, you must have lived in the UK before 1st January 2021 and you must have permission to live in the UK for at least 12 months from the first day of learning. Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

You will be required to wear sport clothing and footwear.

## WHAT CAN I DO AFTER?

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

**Start Date:** 2 September 2024

**Duration:** 1 Year

**Attendance:** Full Time

**Location:** Enfield Centre

