



# 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 two evenings a week for approximately 18 weeks.

Following completion of this course you would be able to enrol onto the Level 3 YMCA Diploma in Personal Training (Practitioner) in September.

## 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 at Merit (and Functional Skills in English and Maths)

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

## HOW WILL I BE ASSESSED?

**Start Date:** 22 January 2025

**Duration:** 18 Weeks

**Attendance:** Part Time

**Location:** Tottenham Centre

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-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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