



CITY AND ISLINGTON  
COLLEGE

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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 already working as a fitness instructor but need to gain qualifications to reach the next level in your career or if you want to become a fitness instructor then this course could be ideal for you.

The course runs on 1 day 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:** 12 September 2024

**Duration:** 18 Weeks

**Attendance:** Part Time

**Location:** Tottenham Centre



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[www.capitalccg.ac.uk](http://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?

### 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 may progress onto Level 3 YMCA Diploma in Personal Training (Practitioner) or Level 3 BTEC Extended Diploma in Sport.

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