



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 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 on the Level 3 YMCA Diploma in Personal Training (Practitioner).

We have these running at The College of Haringey, Enfield and North East London (Tottenham and Enfield sites). Visit our [Sports and Fitness course page](#) for more information and to apply online.

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 (or Functional Skills), including English and Maths or an equivalent Level 1 qualification.

All applicants must have an interview and complete a BKSBS assessment to confirm that the course is suitable for them.

Start Date: 17 September 2024

Duration: 18 Weeks

Attendance: Part Time

Location: King's Cross Centre

<https://www.capitalccg.ac.uk/wkc/course/course-detail/pdf/32313/>



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College Group
www.capitalccg.ac.uk

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 - LEVEL 3

If you will be aged 19 to 23 prior to the start date of your course, and do not already have a full Level 3 qualification, you may be eligible for a Level 3 entitlement, in which case your study with us will be free. If you are older, or already have a Level 3, we have many other Level 3 courses that are also [free](#) to study. Otherwise, you will have to pay the fees yourself or apply for an [Advanced Learner Loan](#).

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 sports clothing and footwear.

You will be provided with course manuals, free of charge.

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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