

# **Level 2 Certificate in Fitness** Instructing (Gym) (Part-Time) January Start

This course provides learners with the skills and knowledge to plan, deliver and evaluate safe and effective exercise programme sessions for gym/leisure centre members. Learners successfully completing this qualification will gain access onto the Register of Exercise Professionals (REPS) at Level 2.

This Level 2 qualification is aimed at learners who want to pursue a career as a fitness instructor in the sports industry.

This course covers the following topics:

- Health, safety & welfare in a fitness environment
- Anatomy & physiology for exercise
- Principles of exercise, fitness & health
- Communicate effectively to to support clients who take part in exercise & physical activity
- Plan & deliver gym-based exercises effectively

If you are over 19 and are currently living in Wales you could be eligible for a FREE course under the Welsh Government Personal Learning Accounts (PLA) funding. We can discuss funding with you upon enquiry.

## **Entry Requirements**

None.

# **Career Prospects**

This level 2 qualification is aimed at learners who want to pursue a career as a fitness instructor in the sports industry.

### **Course Modules**

This course costs £683.

Coleg Afan Colea Bannau Brycheinioa Academi Chwaraeon Llandarcy Coleg Castell-nedd Coleg Y Drenewydd Coleg Pontardawe

Afan College Brecon Beacons College Llandarcy Academy of Sport Neath College Newtown College Pontardawe College Swansea Construction Centre



















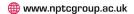






Canolfan Adeiladwaith Abertawe











#### **Assessment**

The qualification is assessed through examinations.

#### **STUDY MODE**

PT

#### **LOCATION**

Llandarcy Academy of Sport - 0330 818 8100

#### **COURSE LENGTH**

14W























