



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 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
Coleg Bannau Brycheiniog
Academi Chwaraeon Llandarcy
Canolfan Ragoriaeth Adeiladwaith Maesteg
Coleg Castell-nedd
Coleg Y Drenewydd
Coleg Pontardawe
Canolfan Adeiladwaith Abertawe

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





Assessment

The qualification is assessed through examinations.

STUDY MODE

PT

LOCATION

Llandarcy Academy of Sport - 0330 818 8100

COURSE LENGTH

14W

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