

YMCA Intensive Certificate in Fitness Instruction - Mandatory Units Level 2



This intensive course is ideal if you have a keen interest in working in the health and fitness industry, or if you work as a fitness instructor in the context of gym-based exercise, exercise to music or group instruction.

This course is for...

...people looking to begin their pathway into the fitness industry

...anyone with a keen interest in health and fitness

Course content

The mandatory units include:

Anatomy and physiology including:



COURSE INFORMATION LEAFLET

the heart and circulatory system
the respiratory system
structure and function of the skeleton
musculoskeletal system
postural and core stability
the nervous and energy systems and their relation to exercise.

The practical units include:

How to maintain health, safety and welfare in a variety of fitness environments
How to programme safe and effective exercise for a range of clients, the health benefits of physical activity and the importance of healthy eating
How to communicate with clients effectively, and motivate clients to adhere to an exercise programme
The skills and knowledge required to plan and prepare gym-based exercise programmes

Assessment

This an intensive theory and practical course that will be assessed by a multi-choice exam and practical assessment.

Entry Requirements

There are no formal entry requirements although learners will need a keen interest in fitness instruction based activities; practical participation is essential. Candidates must be aged 16 or over.

Additional information

The mandatory unit course typically runs on a Saturday over two weekends.

Why not continue studying and choose from one of our courses below:

Level 2 gym practical
Level 2 group cycling
Level 2 exercise to music
Level 2 instructing circuit session
Level 3 personal training (practitioner)

Apply online at www.colegwent.ac.uk

studentrecruitment@colegwent.ac.uk | 01495 333777 (Croesawn alwadau yn Gymraeg)

