

YMCA Diploma in Health, Fitness and Exercise Instruction Level 2



In a nutshell

The aim of this qualification is to provide those learners who have an interest in fitness, health and gym related activities with the additional knowledge to pursue a career in the health and fitness industry as a Fitness Instructor. This course will also allow you to progress onto the Personal Training qualification at Level 3.

This course is for...

...individuals aged 16+.

...those wishing to progress on to further learning within the health and fitness or active leisure sectors.

Course content

The YMCA Awards Level 2 Diploma in Health and Fitness is regulated by Ofqual and comprises



COURSE INFORMATION LEAFLET

of 10 mandatory units totalling 48 credits. You will learn about:

Communicating with clients effectively

How to support clients who take part in exercise and physical activity

Health, safety and welfare in a fitness environment

Anatomy and physiology for exercise and health

Employment law and procedures that apply

The sectors that make up the active leisure and learning sector

Customer services

Understanding the balanced diet and its contribution to healthy lifestyles

Planning and delivering group exercise sessions

Programming a variety of safe and effective exercise sessions for a range of clients

Instructing a variety of exercise sessions

Entry Requirements

Minimum of 4 GCSEs Grade D or above to include either Maths or English/Welsh First Language or an appropriate Level 1 Diploma qualification.

Additional information

Accreditation:

Allows learners entry to REPs at Level 2

REPs CPD points: 20

CIMSPA Endorsement points: 10

Apply online at www.coleggwent.ac.uk

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

