

YMCA Intensive Certificate in Fitness Instruction - Gym Instructor Practical Level 2



In a nutshell

Thinking of a career as a fitness instructor? This course will give you the ideal start, teaching you the basic theoretical and practical knowledge and skills to become a qualified instructor.

This course is for...

...anyone who wants to become a qualified fitness instructor in the private (gym) or public (local authority) sector.

Course content

The course covers a variety of modules, including:

Anatomy & Physiology (exam)
Health, Safety & Welfare in a Fitness Environment (mandatory)
Principles of Exercise, Fitness and Health (exam)

COURSE INFORMATION LEAFLET

Know how to support clients who take part in physical activity (mandatory)
Planning & instructing gym based exercise (practical)

You'll need to be self-motivated, hardworking, punctual and committed, have a passion to become a qualified fitness instructor and determined to pass the theory exams and practical assessments alongside gaining voluntary practical experience in a fitness gym. You'll also need to appreciate the commitment this course requires in terms of attendance and workload.

You'll be assessed using a combination of exams, mandatory units and gym work, before being awarded the YMCA Awards Level 2 Certificate in Fitness Instructing (gym). Following on from this course, you could find work in a public or private fitness gym, or progress on to the YMCA Awards Level 3 Diploma in Personal Training & Instruction (depending on experience).

Entry Requirements

There are no specific entry requirements. However, you'll need to have experience of using cardiovascular equipment and fixed and free weights within a gym environment, together with a basic knowledge of anatomy and physiology.

Additional information

After enrolling you'll receive a YMCA book on the exam areas which you'll need to study before starting the course.