

YMCA Certificate in Gym Instructing 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 qualification will enable you to gain future employment in gyms/ health clubs in both public and private sectors. The role will involve carrying out gym consultations, inductions and writing health-related gym programmes for clients.

This course is for you if...

... Anyone interested in working in the gym/health club setting

... People with an interest in fitness and health

Apply online at www.coleggwent.ac.uk

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... Those who enjoy working with people on a daily basis

... Anyone who aspires to become a Gym Instructor.

What will I be doing?

This course covers a variety of modules, including:

- Anatomy and physiology for exercise and fitness instructors
- Providing a positive customer experience in the exercise environment
- Lifestyle and health awareness management
- Gym-based programme planning and preparation
- Gym-based programme delivery and professional instruction

You'll need to be self-motivated, hardworking, punctual and committed, with 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).

What is expected of me?

There are no specific entry requirements. However, you must have:

- Experience of using cardiovascular equipment and fixed and free weights within a gym environment
- Basic knowledge of anatomy and physiology

Before starting the course you will receive a YMCA book on the exam areas. It is advised you study this before starting the course.

What comes next?

Employment in a public or private fitness gym



COURSE INFORMATION LEAFLET

YMCA Awards - Level 3 Diploma in Personal Training & Instruction (dependent on experience)

Additional information

The course is taught at Crosskeys Campus on two days per week (Mondays and Tuesdays) over 12 weeks, between 9:15-4:30pm from September to December 2021.

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