YMCA AWARDS LEVEL 2 DIPLOMA EXTENDED TECHNICAL OCCUPATIONAL ENTRY IN EXERCISE AND FITNESS: GYM INSTRUCTOR

Level 2 · Other · Truro College

PART-TIME INFORMATION

This course is held one day per week, plus further revision and assessment days.

The qualification consists of seven units.

- Fundamentals of anatomy & physiology for exercise & fitness professionals
- Providing a positive customer experience to exercise & fitness participants
- Principles of physical activity, exercise & training approaches to develop
- fitness and health
- Health Screening, risk stratification & scope of practice
- Health awareness & lifestyle management
- Supporting clients in a gym-based environment
- Plan, deliver & evaluate gym-based training

This course is designed for those looking to pursue a career as a gym instructor in a health club or sports/leisure centre environment. It will provide you with the skills and knowledge to structure and instruct safe, effective and motivating resistance training exercises and programmes.

IMPORTANT

Course information can change. Please use the QR code below for the current assessment arrangements, entry requirements and start dates.

FOR THE LATEST COURSE INFORMATION

Scan for assessment arrangements, learner support, confirmed start dates and how to apply.