

## Fitness Instructing Level 2 Certificate

Study Mode: Full Time, Part Time | Course Level: 2

### Is this course right for me?

If you want to work as a fitness instructor, this course is the first step to your future career!

You will learn how to plan, deliver exercise and fitness sessions to meet the needs of individual clients and how to inspire them to commit to training and improve their health and wellbeing through exercise.

You will also learn about the effects of nutrition and training on the body, how to evaluate the effectiveness of sessions or specific exercises and adapt them to individual needs when necessary, and how to support clients so that they get the most out of their sessions to achieve their and long-term fitness goals.

You will learn in a practical way in a real work environment by delivering training sessions to paying clients in our purpose-built 30-station fitness suite at the Wellington Road campus which is equipped with the latest equipment including treadmills, exercise bikes, running machines, cross trainers, resistance machines and free weights.

What's more, you will benefit from competitively-priced membership of the gym yourself, so you can improve your own fitness at the same time as that of others!

Also, if you earn less than £30,000 per year and aged 19 or over, you could study this course for FREE! Take advantage of the new funding and #DoMore with your future.

### Entry Requirements

There are no formal entry requirements for this course, however you are required to:

- Have an interest in health and fitness
- Agree to maintain a minimum of 90% attendance throughout the course
- Be punctual for lessons
- Demonstrate a commitment to learning
- Be positive in your studies

### What will I learn?

During this course you will study:

- Anatomy and physiology for exercise
- Supporting clients who take part in exercise and physical activity
- Principles of exercise, fitness and health
- Planning gym-based exercise
- Instructing gym-based exercise
- Factors affecting participation in sport and physical activity

- Planning and preparing for personal exercise and nutrition
- Instructing a circuit training session

## **What skills will I gain?**

By studying this course you will:

- Develop practical skills in gym-based exercise, delivery of leisure activities, fitness testing and emergency first aid
- Improve your interpersonal and communication skills, self evaluation and reflection
- Learn about anatomy, physiology and nutrition, the components of an active and healthy lifestyle and the factors affecting participation in physical activity
- Develop an understanding of health and safety, safeguarding and child protection, employment rights and responsibilities and the sport and active leisure industry as a whole

## **How will I be assessed?**

This is a practical course and there are no exams.

Throughout the course you will be assessed in the following ways:

- Individual and group presentations
- Client case studies
- Role play in a range of related scenarios
- Question and answer sessions
- Producing informative display materials
- Timed assessments,
- Work-based assignments
- Observation of your work with clients
- Production of a portfolio of evidence demonstrating your learning and activities throughout the course

## **What can I do next?**

Successful completion of the course will enable you to progress to:

- Personal Training Level 3 Diploma
- Sport Level 3 Dipl
- A career as a fitness instructor

## **Why study with us?**

Five reasons to choose us:

- Purpose-built sports centre equipped with latest fitness and training equipment
- Work with paying clients as part of your course
- Boost your own strength and fitness as part of your course
- Industry-recognised qualifications to impress future employers
- Experienced tutors who have worked in the industry themselves

## **Delivery**

**Location:** Wellington Road Campus

**Start Date:** 05/09/2022

**Day:**

**Time:**

**Course Fee:**

**Course Code:** CP0311

**Study Mode:** Full Time

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