

ACTIVE IQ LEVEL 2 AWARD IN ADAPTING FITNESS INSTRUCTION FOR ADOLESCENTS

Course Overview

This qualification is designed to provide learners with the knowledge and skills required to be able to adapt fitness instruction to accommodate adolescents, provide an understanding of the physiological and psychological issues they face and how they affect their ability to exercise



This course also has a weighting of 20 REPs CPD points upon successful completion.

Entry requirements

Learners must hold a Level 2 Certificate in Fitness Instructing or equivalent

(If you do NOT already hold a Level 2 Gym Instructor/ Exercise to music qualification, please visit our Level 2 Certificate in Exercise & Fitness GYM or ETM course page found in the 'COURSES' tab.)

Who is it for?

- Level 2 or 3 qualified fitness professionals
- Those looking to add group classes or 1-1 sessions for adolescents to their offering

- In-house fitness professionals looking to offer extra skills as a qualified adolescent instructor

Length and Format of Course

This is a distance learning course is completed via home study. You will be allocated a mentor to assist in completion of the portfolio.

Mandatory Units Covered

The learner must achieve 2 units: 1 mandatory and a minimum of 1 optional unit.

Mandatory Units

1. Development of adolescents in relation to fitness instruction

Optional pathways

1. Principles of adapting gym instruction for adolescents
2. Principles of adapting group exercise for adolescents

Assessment Criteria

- Portfolio of Evidence
- Practical Demonstration
- Multiple Choice Examination

Course Cost

£280

To book a place on one of our courses
or to register your interest please contact:

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or email Katie@gfitraining.co.uk