

ACTIVE IQ LEVEL 2 CERTIFICATE IN FITNESS INSTRUCTING & SELF DEVELOPMENT IN ACTIVE LEISURE (GYM)

Course Overview

The Certificate in Fitness Instructing is the starting point for your new and rewarding career in health and fitness. Once qualified, you will have the necessary skills and knowledge to successfully instruct and supervise safe exercise as well as design effective exercise programmes in a gym environment.



It also provides access onto (REPs)
The Register of Exercise Professionals
at level 2.

Entry requirements

- This qualification is open to all

Length and Format Options

Intensive Weekends - 7 days live; face-to-face training spread over 4 consecutive weekends supported by structured home study.

OR

Intensive Week-day – 7 days live; face-to-face training supported by home study.

Mandatory Units Covered

This qualification comprises of 4 mandatory units and 2 optional units from the GYM INSTRUCTOR pathway.

1. Anatomy & physiology for exercise
2. Know how to support clients who take part in exercise and physical activity
3. Health safety and welfare in a fitness environment
4. Principles of exercise, fitness and health
5. Developing Self in an active leisure job role
6. Planning gym based exercise
7. Instructing gym-based exercise

Assessment Criteria

- Multiple Choice Examination in Anatomy & Physiology
- Multiple Choice Examination in Principles of Exercise & Fitness
- Portfolio of Evidence
- Practical Assessment

Course Cost

Standard fee = £1,269 inc Vat

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

katie@gfitraining.co.uk