

LEVEL 1

14—16YRS OLD WANTING TO GAIN A QUALIFICATION TO WORK IN A GYM AS AN ASSISTANT FITNESS INSTRUCTOR

LEVEL 1 INTRODUCTORY CERTIFICATE IN EXERCISE AND FITNESS INSTRUCTING

EXERCISE AND FITNESS KNOWLEDGE LEVEL 1

CIRCUIT TRAINING

EXERCISE TO MUSIC

RESISTANCE TRAINING

SALARY £8—10K

LEVEL 2

16YRS+ WANTING TO GAIN A QUALIFICATION TO WORK IN A GYM AS AN FITNESS INSTRUCTOR OR EXERCISE TO MUSIC TEACHER

LEVEL 2 CERTIFICATE IN FITNESS INSTRUCTING

EXERCISE AND FITNESS KNOWLEDGE LEVEL 2

HEALTH, SAFETY & PROFESSIONALISM

GYM

EXERCISE TO MUSIC

NVQ 2 INSTRUCTING EXERCISE AND FITNESS

CIRCUIT TRAINER

GROUP CYCLE

STUDIO RESISTANCE

HEALTH RELATED EXERCISE FOR CHILDREN

SALARY £10—16K

LEVEL 3

LEVEL 2 QUALIFIED FITNESS PROFESSIONALS WANTING TO GAIN A QUALIFICATION TO WORK IN A GYM OR START A BUSINESS AS A PERSONAL TRAINER

LEVEL 3 CERTIFICATE IN PERSONAL TRAINING

ADVANCED EXERCISE & FITNESS KNOWLEDGE

ADVANCED RESISTANCE TRAINING

ADVANCED CARDIOVASCULAR TRAINING

CLIENT LIFESTYLE & FITNESS ASSESSMENT

NUTRITION & WEIGHT MANAGEMENT

BUSINESS & MARKETING SKILLS FOR THE FITNESS PROFESSIONAL

TRAINING IN DIFFERENT ENVIRONMENTS

SALARY £20—50K+