



## Certificate in Fitness Instructing – Gym

Qualification Accreditation Number: 500/8269/3

### Delivery

Intensive & part-time

### Course Information

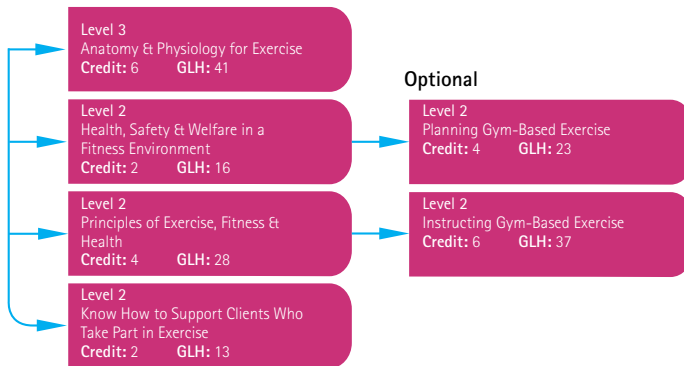
This intensive course will provide you with all the necessary up-to-date skills needed to become a Fitness Instructor. The qualification is recognised worldwide and will enable you to work as a Fitness Instructor with any leading fitness provider.

### Entry Requirements

Learners should have an active interest in the Sports and Leisure Industry, be focused on a career as a Fitness Professional and have a range of GCSEs at Grade C and above to include GCSE PE/or a First Diploma at Merit level or above/or an intermediate GNVQ at Distinction level/or equivalent.

### Course Units

#### Mandatory



### Course Content

During the course you will study and be assessed in:

- Anatomy and physiology including:
  - the heart and circulatory system

- the respiratory system
- structure and function of the skeleton
- musculoskeletal system
- postural and core stability
- the nervous and energy systems and their relation to exercise

- How to maintain health, safety and welfare in a variety of fitness environments, including the safeguarding of children and vulnerable adults
- How to programme safe and effective exercise for a range of clients, the health benefits of physical activity and the importance of healthy eating
- How to communicate with clients effectively, and motivate clients to adhere to an exercise programme
- The skills and knowledge required to plan and prepare a gym-based exercise programme with apparently healthy adults – both individuals and groups. This may include young people in the 14–16 age range, provided they are part of a larger adult group. Client groups also covered are older adults, ante and postnatal clients and disabled clients, provided the relevant contraindications and key safety guidelines are observed

### Assessment

The course is assessed through a portfolio of evidence to include:

- Exercise and fitness knowledge multiple-choice theory exam
- Gym-based programme for an individual client
- Gym-based practical session
- Worksheet

### How to Apply

For schools, colleges and employers, please email or call our booking team for further information.

As an individual trainee you can apply online or alternatively complete the course request form and one of our advisors will help support you in your application.