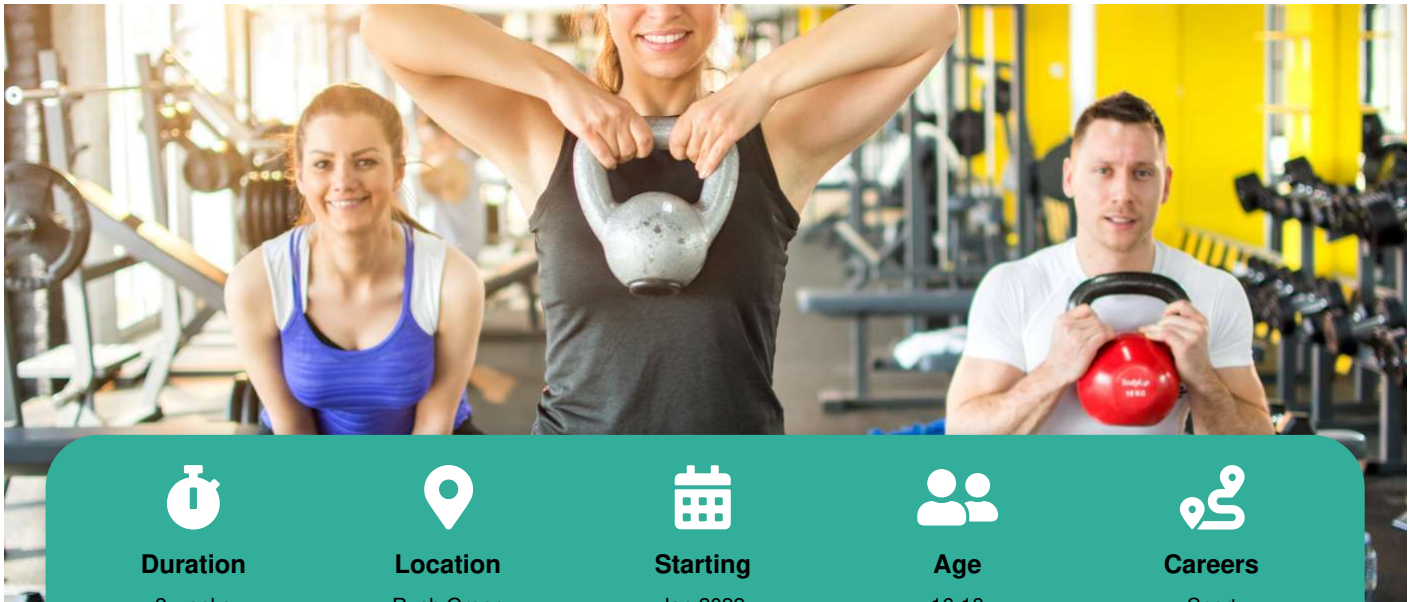


Level 2

Gym Instructing

NCFE Certificate



Duration
2 weeks



Location
Rush Green



Starting
Jan 2022



Age
16-18
Adult 19+



Careers
Sport

How much does this course cost?

AGE 16-18

FREE

ADULT 19+

FREE

The above fees include tuition and exam fees.
Contact us to discuss what Financial support is available.

Overview

Thinking about a career in the health and fitness industry, either as a gym instructor or personal trainer?

Knowing how to look after your own health and the health of others is important, and there is a growing demand for fitness coaches and personal trainers.

Whether you want to help people focus on their health and fitness goals or support them to prevent injuries, this **two-week** course can help you take that next step towards a fulfilling career.

Real work experience

We're working in partnership with leading fitness provider, DW Fitness, to provide this qualification. As part of the course, you'll complete work experience in one of their local fitness clubs so you'll have the chance to put your learning into practice.

On successful completion of the course, you'll be guaranteed an interview for a role at DW Fitness, which could be a great opportunity to get your career in the fitness industry started.

Hear from Ryan, a personal trainer, about how you can get started.

What you'll learn

On this course you'll learn about:

- anatomy and physiology
- the customer experience in a gym environment
- how to support client health and wellbeing
- how to conduct gym inductions
- instructing and supervising exercise programmes

You'll also learn about healthy eating and the role of food in maintaining good health. You'll increase your confidence in planning and achieving a healthy diet and understand how dietary requirements change throughout life. You'll also learn about food labelling and what the information from food labels really means.

Entry requirements

There are no specific entry requirements for this course. You'll just need to show a keen interest in health, fitness and nutrition.

What this course leads to

On completion of this course, you'll be awarded a Level 2 qualification in Gym Instructing and can progress to the Level 3 in Personal Training to further your skills and knowledge.

Visit this course on our website: <https://www.barkingdagenhamcollege.ac.uk/find/courses/gym-instructing>

For further information please contact the college: <https://www.barkingdagenhamcollege.ac.uk/contact>