

Part time, 21/22

L2 Fitness Instructor

Level 2 | Certificate in Gym Instructing

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www.sgscol.ac.uk/study/academic-sport/l2-fitness-instructor

Summary

The Level 2 Certificate in Fitness Instructing (gym-based exercise) is the start of your new career in the health and fitness industry. Once qualified, you will have the necessary skills and knowledge to become a fitness instructor in a gym environment. Those that successfully complete the course are able to gain access to both the CIMSPA Exercise and Fitness Directory as an affiliated member, as well as the Register of Exercise Professionals (REPs).

Learners taking this qualification will study six units:

- Anatomy and physiology for exercise
- Maximising the customer experience in a gym environment
- Supporting client health and well-being
- Conducting client consultations and gym inductions
- Planning and reviewing gym-based exercise programmes
- Instructing and supervising gym-based exercise programmes

The qualification provides you with a comprehensive insight into the skills and knowledge you will require to not only work in the health and fitness sector, but with transferable skills that all employers would welcome. The choice of units offered across this Level 2 qualification gives you the opportunity to demonstrate a variety of transferable skills that employers are seeking, including communication, customer service and health and safety. Once you have successfully completed this qualification you will be able to gain access to the Register of Exercise Professionals (REPs) at Level 2 and CIMSPA. This will enhance your prospects for employment and help you apply your skills and talent in the fitness sector.

Employees entering the sector as a qualified Fitness Instructor can expect to earn £14,000 - £30,000*

Enrol online



How will I learn?

The course is delivered in a one-week intensive block, providing the opportunity to proceed into industry once completed. Once registered, you will receive online learning materials two weeks before the start of the programme, which must be completed prior to the delivery start date. The online learning materials will provide you with key underpinning knowledge preparing them for course delivery. With this course we have brought the classroom to you and created an interactive online learning environment. These sessions are never pre-recorded and like in a classroom you will have a teacher and other students interacting with you live on set teaching dates. Allowing you to ask questions and gain skills all without leaving your desk. Please also note that while we will deliver the theory of this course online, the practical element of this course will be delivered face to face at a date to be confirmed.

Entry Requirements

The L2 Fitness Instructor qualification does not have any minimum entry requirements. However, having basic knowledge and understanding of anatomy and physiology, fitness training and health and safety will give you an enhanced learning experience. You must be aged 19+ to complete this course. There is no upper age limit. If you have any questions regarding entry requirements please email sport@sgscol.ac.uk

Additional Information

DEPARTMENT CONTACT

For more information about this course please email sport@sgscol.ac.uk.

COURSE FEES

Please be aware that some courses have fees that are payable on enrolment. More information on if this course has a fee can be found in the Availability section below.

If you require financial support including payment plans, bursaries and advanced learner loans please visit the [Money Management Service](#) section of the website.

For more information on fees please view our [Fees, Charges and Refunds Policy](#) and our [Applications, Admissions and Enrolment Policy and Procedures](#).

ONLINE ENROLMENT

This course offers simpler and safer online enrolment requests, which means in a matter of minutes you can submit an enrolment request to us. However please be aware that upon submitting your enrolment form you are not guaranteed to be accepted. A number of our courses require assessments, qualification checks or simply a conversation with you before we can confirm your enrolment.

Within 24 hours of enrolment submission you will receive an automated email notification with information on what happens next. Please add onlineservices@sgscol.ac.uk to your safe sender list. Most email providers allow you to do this within settings/options. For full instructions simply use