**Gym Instructor (Level 2) **

**COURSE DESCRIPTION**
The course will train candidates to plan, instruct and evaluate training sessions using free weights, resistance machines and cardio-vascular [CV] machines for an apparently healthy individual.
Level 2 Qualifications are the basic entry requirement for anyone wanting
to work as a freelance instructor or as an employed instructor in a Gym, Health & Fitness Club or Leisure Centre. CYQs are recognised by the Register of Exercise Professionals (REPs).

**QUALIFICATION GAINED**
Central YMCA Qualifications Level 2 Certificate in Fitness Instructing – Gym.

**ENTRY REQUIREMENTS**
Whilst no previous qualifications or teaching experience are required, we advise that applicants are regular Gym participants. CYQ recommend that candidates are aged 18+; although candidates aged 16+ are eligible for certification.

**SYLLABUS IN BRIEF**
The basic theory of how the body works, training principles & session structure are covered along with planning, teaching and evaluation skills. Health & safety & how to motivate & support clients are also included.

**COURSE FORMAT**
• Pre course theory (minimum of 4 weeks recommended) & tutorial
• 4 day practical course
• ½ day practical assessment

**ASSESSMENT**
• Externally assessed theory paper (1 hour, multiple choice)
• Internally assessed worksheets relating to health, safety & professionalism.
• Internally assessed practical session (Planning, teaching & evaluating
a combined CV & resistance gym workout)

**PROGRESSION**
• Other level 2 disciplines, for example, Exercise To Music or Circuit Training.
• Specialist level 2 qualifications, Chair Based Exercise for Frail Elderly Adults or Health related Exercise for Children.
• Advanced instructor qualifications (Level 3)
• Personal Trainer Award

**PLACES**

* 16