

INTRODUCTION TO FITNESS INSTRUCTING

Subject Area

Student Type

Study Mode

Sport, Military &
Emergency Services

Adults

Part Time

What is the course about?

This short adult course offers an exciting introduction to elements of the Level 2 Gym Instructor qualification, which the college also offers as an adult evening class. It's the perfect way to get a feel for what the full qualification involves, helping you build confidence and explore your interest in the fitness industry.

Why should I choose the course?

If you're curious about a career in the fitness industry but not quite ready to commit to a full qualification, this short adult course is a great place to start. It gives you the chance to explore the Level 2 Gym Instructor course in a supportive setting, helping you decide if it's the right next step for you. You'll gain valuable insight into the course content before the level 2 course begins in October.

What will I learn?

During the short course, you'll gain a practical introduction to key topics from the Level 2 Gym Instructor course, starting at Warrington & Vale Royal College in October. You'll gain an introduction to a range of key topics including Anatomy:

- Anatomy & Physiology
- Professional Practice
- Exercise, Fitness and Lifestyle Consultation
- Planning and Instructing Gym-Based Activities.

What will the course lead on to?

This course allows students to make a more informed decision about whether to commit to completing the Level 2 Gym Instructor course at Warrington & Vale Royal College, which takes place over 26 weeks.

Please note, however, that completing this introductory course is not mandatory or essential for enrolment on the level 2 course. You can still apply directly to the full Level 2 Gym Instructor course if you're ready to get started. [Click here to view course information and apply online if you wish.](#)

What support is available?



**Warrington
& Vale Royal
College**

Warrington Campus
Winwick Rd, Warrington WA2 8QA

 wvr.ac.uk

 01925 494 494

Winsford campus
Weaver St, Winsford CW7 4AH

 learner.services@wvr.ac.uk

We have a team of staff dedicated to providing learning support if required, as well as a Wellbeing Team that is on hand to offer guidance, support and help when needed.

Additionally, eligible students can access a wide range of finance and funding support to help them during their time at college. Further information can be located here: [Financial Support | Warrington & Vale Royal College](#)

Why should I choose to study the course at Warrington & Vale Royal College?

Our Sport department is a Further Education partner of the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA), and we are proud to be the only college in the North West to hold 'Enhanced Status'—their highest recognition—following a review of our CIMSPA-aligned courses. This means that if you choose to progress onto the Level 2 Gym Instructor course, you'll be learning in line with industry standards set by the professional body for the sector.

If you're still exploring whether this is the right career path for you, this course provides a fantastic opportunity to gain insight and confidence before committing to further study.

What are the entry requirements?

There are no formal entry requirements for this short adult course, just a passion to learn more about becoming a gym instructor.

What are my funding options?

For information relating to funding, please contact our friendly Learner Services Team on 01925 494400 or learner.services@wvr.ac.uk

Are there any additional costs associated with the course?

There are no additional costs associated with this course.



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