

LEVEL 2 CERTIFICATE INSTRUCTING GYM-BASED EXERCISE

Subject Area

Student Type

Study Mode

Sport, Military &
Emergency Services

Adults

Part Time

What is the course about?

If you have a keen interest in health and fitness and would like to help others achieve their goals, this exciting practical course could be perfect for you! This course will equip you with the knowledge and skills to enable you to plan, deliver, and evaluate safe and effective sessions. It will also provide entry on to the Register of Exercise Professionals at Level 2 in the gym context.

Why should I choose the course?

This course will allow you to develop the skills and knowledge you need to kickstart your career as a fitness instructor. From health and safety to anatomy and physiology, you will gain the key introductory knowledge required to achieve your dream career.

What will I learn?

During this course you will cover topics including:

- Anatomy and physiology for exercise – covering the structure and functions of the musculoskeletal system, the heart and circulatory system, the respiratory system, the nervous, digestive and energy systems, and their relation to exercise. This topic will be assessed via exam.
- How to support clients who take part in exercise and physical activity- communicating with clients effectively, and motivating clients to adhere to an exercise programme. This module will be assessed via portfolio completion and practical assessment of planning and instructing of gym-based exercise.
- Health, safety, and welfare in a fitness environment – how to maintain health, safety, and welfare in a variety of fitness environments, including the completion of risk assessments and the safeguarding of children and vulnerable adults. This topic will be assessed via portfolio.
- Principles of exercise, fitness, and health– how to programme safe and effective exercise for a range of clients, the health benefits of physical activity, and the importance of healthy eating. This module will be assessed via exam.

You will also gain the skills and knowledge required to plan and prepare a gym-based exercise programme with apparently healthy adults - both individuals and groups, as well as special populations. Special populations comprise of young people, older adults, antenatal and postnatal clients, and disabled clients. You will learn how to plan and prepare a programme with these individuals, provided the relevant contraindications and key safety guidelines are observed.

The course is delivered by a combination of face-to-face sessions, online distance learning, and practical sessions, and is assessed via online examinations and continuous assessment of practical and portfolio work.



**Warrington
& Vale Royal
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 learner.services@wvr.ac.uk

What will the course lead on to?

Upon completion of this course, you may wish to progress on to the college's Level 3 Personal Training qualification, or any additional level 3 fitness qualification including sports massage and nutritional advice for sport. Employment in the fitness industry may also be an option following this course.

Are there any links with industry and university?

The college regularly runs guest lectures provided by local businesses such as PureGym, providing you with a valuable industry insight and allowing you the opportunity to speak to professionals about their job roles.

What support is available?

We have a team of staff dedicated to providing learning support if required, as well as a Welfare 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.

Click here for learning support: <https://wvr.ac.uk/college-life/learning-support>

Click here for finance support: <https://wvr.ac.uk/college-life/financial-support>

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

You will receive a personalised and contextual taught experience through the whole range of the course, with qualified staff from the sector delivering a thorough foundation to prepare you for starting out on your journey in the fitness industry.

What are the entry requirements?

This qualification is open to everyone. The course requires physical exertion and individual participation is essential, therefore, a degree of physical fitness is necessary. There is also an element of communication (discussing, presenting, reading, and writing) involved, therefore you must have basic communication skills pitched at level 2.

What are my funding options?


For further information on funding please contact our Learner Services Team on 01925 494400 or email learner.services@wvr.ac.uk.



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