



<b>Day:</b>	Weekends
<b>Time:</b>	930am-430pm
<b>Dates:</b>	2nd, 3rd, 4th, 10th, 11th, 17th, 18th, 24th, 25th September, 1st, 2nd, 8th, 9th October 2011
<b>Numbers:</b>	Minimum 8, Maximum 14.
<b>Course Level and Title:</b>	Level 2 Certificate in Fitness Instructing
<b>Course Fee:</b>	£560. The course includes all exam entry fees and manuals. Reassessment fees will be charged at £25 for theory and £50 for practical if required.
<b>Tutor:</b>	Mel Hargreaves and Nicky Moynihan

### Who is the Course for?

**Do I need any prior experience?** No qualifications are needed but being a regularly gym user yourself is helpful

**Will I need an Interview?** No

**What could I do next?** This course leads on to both the Circuits Instructor course and the Diploma in Personal Training. Those wishing to work in the leisure sector would benefit from this course as it is a requirement for working in a gym.

### What are the aims of the course?

**Course aim:** Successful completion of this course qualifies you to work in a gym

**What topics will I cover?**

- Fitness Inductions
- Health and Safety
- Anatomy and Physiology
- Gym Equipment Use



### What will the sessions consist of?

You will need suitable gym wear and shoes. The first half of the courses is theory through group activities and worksheets, these modules are core for all fitness courses. The second half of the course is mainly practical sessions in the college gym where you will be training each other. You can expect 2 hours of home study each week.

### How is the course assessed?

**Practical Exam?** Yes      **Written Exam?** There are 2 multiple choice exam papers

**Awarding Organisation:** Central YMCA Qualifications, [www.cyq.org.uk](http://www.cyq.org.uk)

### How can I prepare for the course?

Familiarising yourself with the key human muscles and bones prior to the start of the course may help. Attend some gym classes and become familiar with gym equipment.

### Key Facts

Apprenticeship option? Yes

Key Qualification? Yes

**What Next?  
Contact us**

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