

NCFE Level 2 Certificate in Gym Instructing

Ofsted Outstanding Provider

Course Level: Level 2 | **Campus: Newcastle** | **Subject Type: Sport & Public Services**

Course Overview:

Delve into exercise science, anatomy and physiology, learning the fundamentals of designing safe and effective workout programs. Develop communication and motivational skills to inspire clients on their fitness journey. With hands-on experience and expert guidance, you'll be well-prepared to excel as a certified gym instructor.

What's Covered:

The aim of this qualification is to develop the knowledge and skills of learners so they can engage, facilitate, educate and support clients in a gym or health club environment.

On successful completion of this qualification learners will be able to seek employment and perform competently as a Level 2 Gym Instructor. This qualification is mapped directly to The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for a Gym Instructor and The Register of Exercise Professionals National Occupational Standards for Level 2 Certificate in Fitness Instruction (Gym).

- Level of entry onto REPS: Level 2

This qualification covers:

- Anatomy and physiology including:
- The heart and circulatory system
- The respiratory system
- The digestive system
- Structure and function of the skeleton
- Musculoskeletal system
- Postural and core stability
- The nervous and energy systems and their relation to exercise
- Principles of working in the gym environment, including customer service and how to maintain health, safety and welfare
- How to conduct consultations and promote the health benefits of physical activity
- How to communicate with clients effectively, and motivate clients to adhere to an exercise programme
- The skills and knowledge required to plan and prepare a gym-based exercise programme with apparently healthy adults - both individuals and groups. This may include young people in the 13-18 age range, provided they are part of a larger adult group and older adults (50 plus).

Entry Requirements:

This qualification is designed for those who are seeking employment in the sector. There aren't any specific recommended prior learning requirements for this qualification although learners should be 18 to undertake the qualification.

Assessment Information:

The NCFE Level 2 Certificate in Gym Instruction is assessed through a combination of internal and external assessment.

- Learner Assessment Record
- Assessment Workbook
- Multiple Choice Theory paper
- Portfolio of evidence

Fees and Financial Support:

Newcastle and Stafford Colleges Group is pleased to be able to offer financial support to help students meet the costs of attending College.

If you are on state benefits or are on a low income you may be entitled to fee remission towards your course. *This is at the Colleges discretion.

If you have any queries with regards to the funding of your course, please email FeeRemission@nscg.ac.uk or call 01782 254268.

For further information visit nscg.ac.uk/Finance

Progression:

This qualification can lead to employment as a gym instructor within a fitness facility. The qualification can also lead to progression to further training at the same and higher levels in, for example:

- Apprenticeship in Exercise and Fitness
- YMCA Level 3 Award in Business Skills for the Fitness Professional
- YMCA Level 3 Award in Instructing Outdoor Fitness
- YMCA Level 3 Award in Sport
- YMCA Level 3 Award in Sports Conditioning
- YMCA Level 3 Award in Programming and Supervising Exercise with Disabled Clients
- YMCA Level 3 Diploma in Personal Training
- YMCA Level 3 Diploma in Sports Massage (Soft Tissue Therapy)
- YMCA Level 3 Diploma in Personal Training (Practitioner)

What else do I need to know?

The course will include both practical and theoretical components and involves a substantial amount of home-based study. Please note there may be additional costs for books, materials or other expenses.

How do I find out more?

Apply online for the college to contact you for further information. Any queries please email becky.whiston@nscg.ac.uk or call on 01782 254317