

Course Information Sheet

NCFE Level 2 Certificate in Gym Instructing

FH08E11A



Venue Hybrid Delivery	Start Date	16 Sept 2024 10:00
	End Date	20 Jan 2025 13:00
	Fee	Full Fee £357 Concession £0
	Materials	£0

[OCSW FH08E11A Level 2 Certificate in Gym Instructing \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Launch your fitness career with this qualification! Learn to design and deliver safe and effective gym programmes in just 16 weeks.

Course Description: Kickstart your journey into the fitness industry with the NCFE Level 2 Certificate in Gym Instructing. This practical course, delivered through a hybrid model of online learning and hands-on gym sessions, equips you with the knowledge and skills to become a qualified gym instructor.

What will I learn?

- **Weeks 1-4:** Gain a solid foundation in anatomy and physiology for exercise, understand how to maximise customer experience in a gym environment, and learn to support client health and wellbeing.
- **Weeks 5-8:** Master the art of conducting client consultations and gym inductions, ensuring a smooth and informative onboarding process.
- **Weeks 9-12:** Delve into planning and reviewing gym-based exercise programmes, tailoring workouts to individual needs and goals.
- **Weeks 13-16:** Develop your practical skills in instructing and supervising gym-based exercise programmes, ensuring client safety and effectiveness.

How will I be assessed?

- **Formative:** Regular quizzes, practical observations, and peer feedback throughout the course.

- **Summative:** An internally assessed portfolio containing evidence of your knowledge and practical skills.

Who is this course for?

This course is ideal for anyone passionate about fitness who aspires to become a gym instructor. Whether you're a fitness enthusiast seeking formal qualifications or looking for a career change, this course provides the perfect stepping stone.

Target Audience:

- Fitness enthusiasts
- Individuals seeking a career change in the fitness industry
- Anyone that is interested in the sports and leisure sector

Progression Opportunities:

Upon successful completion, you can progress to various qualifications, including:

- Level 3 Personal Training qualification
- Fitness Instructor qualifications specialising in specific areas like yoga or pilates
- Higher National Certificates (HNCs) or Higher National Diplomas (HNDs) in Sports Science

Career or Job Enhancement Pathways:

- Gym Instructor
- Fitness Class Instructor
- Leisure Centre Assistant
- Personal Training Assistant (with further qualifications)

How do I enrol?

To apply for this course online at www.oucoursesouthwest.co.uk and simply click on the 'How to Enrol' button and complete the Enrolment Form and one of our customer service team will be in touch or call to speak to one of our friendly Learning Advisors on 01752 660713. You will be invited to undertake an initial assessment to ascertain your levels of English and maths prior to entry on this course of study.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onscoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

