

Apprenticeship in Instructing Exercise and Fitness (Gym)

LEVEL: 2

DURATION: APPROX. 4 - 6 MONTHS



building better lives



Introduction

This practical, work-based course uses hands-on training to develop your skills and provide you with qualifications related to your job.

This course is ideal for...

employees in the health and fitness sector who want to be trained to a professionally competent level in designing, planning and delivering safe and effective programmes within a gym or health club environment.

Why choose this course?

Once qualified, you can deliver aerobic-based group exercise to Your qualification will be nationally recognised and relevant to your work.

We provide excellent learning resources and materials.

You'll enjoy exceptional, tutor-led workshop days.

What skills and knowledge will I develop?

- Anatomy and physiology in the context of exercise and fitness.
- Planning and delivering safe and effective programmes within a gym or health club environment.
- Good customer service and other personal skills and qualities required by the exercise and fitness industry.
- Emergency first aid and awareness of health and safety in an exercise and fitness environment.

CMS is an approved academy provider for the NSA in Yorkshire and Humberside. This guarantees high quality delivery, support and employer flexibility

Course outline

Level 2 NVQ in Instructing Exercise and Fitness

Level 2 Certificate in Fitness Instructing (Gym)

Level 2 Certificate in Industry and Organisational Awareness in the Active Leisure and Learning Sector

First Aid Appointed Persons (1 day)

Level 1 Application of Number

Level 1 Communication

How will I learn?

Through your day-to-day work and on-the-job training.

You can also make use of:

- online learning
- workshops
- tutorials
- distance learning
- DVDs
- manuals and workbooks

How will I be assessed?

1. Observation of your performance in the workplace supported by discussions and questioning
2. Multiple choice paper on exercise and fitness knowledge, industry and organisational awareness for the technical certificate and key skills
3. A portfolio of work-based evidence.

Will I need any special equipment?

No. However, the course requires exertion and individual participation, so you must be reasonably fit.



How do I apply?

For more information about courses please contact us on 01484 434800

or visit www.cmsvoc.co.uk

or email fitnessacademy@cmsvoc.co.uk