

CERTIFICATE IN

FITNESS INSTRUCTING

 NEW CITY
COLLEGE

YMCA Level 2 Certificate

This qualification will enable you to become a fully qualified gym instructor. You will gain a detailed understanding of the human body and physical exercise.

A flexible home learning approach with weekend practical elements undertaken in college.

020 7613 9525
www.nccolondon.ac.uk

Course overview

You will gain all the skills needed to become a fully qualified gym instructor. A mix of written and practical skills will empower you with all the knowledge needed to enter the leisure sector.

Course content

- Anatomy and physiology (circulatory, respiratory, skeletal, nervous and energy systems)
- How to maintain health, safety and welfare in the gym
- Safeguarding of children and vulnerable adults
- Programming safe and effective exercises for a range of clients
- Healthy eating habits
- Effective communication
- Skills and knowledge required to prepare exercise regimes

Delivery

Please contact us for the most recent course information.

Progression

This will enable you to work in any gym within the uk or europe.

Entry requirements

To attend this course you must:

- Be 19+
- Be legally allowed to work in the UK
- Have lived in the UK for the last three years
- Be claiming work-related benefits such as Jobseeker's Allowance or Housing Benefit
- Pass a short assessment for English and Maths

To book an assessment or for more information, please contact us on:

Email: employability@ncclondon.ac.uk

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