

Course Information

Level 2 Instructing Fitness

LEVEL 2	COURSE AREA Full-Time	CAMPUS Nuneaton	COURSE CODE S0345
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ABOUT

This course is aimed at students who want to pursue a career as a fitness instructor in the context of gym-based exercise. Candidates will develop the necessary skills and knowledge required to enable them to plan and instruct safe and effective programmes of exercise, and gives them a chance to implement these skills through A real work activity whilst on placement.

MODULES

Anatomy and physiology including:

- The heart and circulatory system
- The respiratory system structure and function of the skeleton
- Musculoskeletal system, postural and core stability and the nervous and energy systems and their relation to exercise

ENTRY REQUIREMENTS

Entry requirements are 4 GCSE at Grade D/3 or above or a relevant Level 1 qualification.

EQUIPMENT

Fitness Practical Kit, A4 Lever Arch Folder x2, pens and a USB.

NEXT STEPS

The qualification will provide knowledge and practical skills to enable progress on to other qualifications such as the Level 3 Certificate in Personal Training or a range of BTEC qualifications at North Warwickshire and Hinckley College. Alternatively, you could progress to employment as a Gym Instructor in the health and fitness industry.

MODE OF STUDY

Full-Time

Contact our Admissions Team for more information on:

Email enquiries@nwslc.ac.uk Call **0330 058 3000** Visit www.nwslc.ac.uk