

# Gym Instructing

## Diploma Level 2

STUDY MODE  
Full time

LOCATION  
Moulton

LEVEL  
Level 2

START DATE  
Sep 2022

DURATION  
1 year



The level 2 Diploma in Gym Instructing has been designed to provide learners with the requisite knowledge, understanding and practical skills required to work unsupervised as a gym-based fitness instructor working with healthy adults of all ages.

This qualification is CIMSPA endorsed and also independently certified by the Register of Exercise of Professionals (REPS) with all successfully students being able to gain entry into the REPS register at level 2.

As a Gym Instructing student you will have access to an exciting range of specialist resources at the College. You will use our extensive sports facilities including our fitness suite and Olympic free weights training area, to develop a range of skills in planning and programming exercise for clients.

Guided by our expert tutors and guest lecturers you will enhance your understanding of nutrition as well as learning the fundamentals of lifestyle coaching. As part of your course you will have the opportunity to undertake work experience where you will learn and develop practical skills that will be vital for your future career in the fitness industry.

## What you'll learn

Guided by our expert lecturers this course will focus on the planning and programming of client-based gym sessions, setting out nutrition and training goals as well as the fundamentals of how to instruct a variety of gym-based exercise. Through practical and theoretical learning you will build on your understanding of the anatomy and physiology of the human body and how injuries can impact training.

As part of your programme of study, you will also study additional qualifications in Circuit Training and Instructing Indoor Cycling Sessions, essentially giving you three qualifications that are all internally recognised and will enable you to enter the fitness industry upon completion of the programme.

## A typical week

This is a full time course taking place on three days per week from 9am - 4:30pm. There will be a mix of practical and theoretical work which is split into 1 hour - 2 hour lessons. You will have regular breaks, including lunch.

## How will I be assessed?

- Written coursework and workbooks
- Externally set exams

- Practical assessments
- Presentations

## Where can it lead to?

The most popular progression route is continuing on to progress to a Level 3 Diploma in Personal Training. Alternatively, you may go into employment as a gym instructor or teach group exercise classes. Other employment and education opportunities are also available.

## Entry requirements

Four GCSEs at grade 2-3 (D-E) or above or a Level 1 Diploma in a related subject.

Visit this course on our website: <https://www.moulton.ac.uk/courses/pctpt2/gym-instructing-diploma-level-2>

For further information please contact the college: <https://www.moulton.ac.uk/contact>