

What will I do?

Learners will develop the knowledge and skills needed to plan and instruct exercise programmes for gym-based exercise for apparently-healthy adults of all ages; you will also learn how to provide effective support for clients who take part in exercise and physical activity.

VTCT

FITNESS INSTRUCTING

LEVEL 2 CERTIFICATE

(Gym-Based Exercise)

Entry Requirements: To study this course, you will need a strong interest in fitness and the human body. There are no formal entry requirements for students, however, the course will contain formal examinations. The majority of the course is based around assignments and coursework, but you will be expected to produce good quality written work for these assignments.

Is this for me?

This is a one-year course with 158 GLHs. The VTCT Level 2 Certificate in Fitness Instructing is a substantial vocational qualification that develops the knowledge, understanding and technical skills needed for a career in sport and active leisure as an employed/self-employed fitness instructor. This qualification has been specifically designed for the 16+ age-group. The qualification is based on fitness National Occupational Standards (NOS) and is recognised by the UK's lead professional association, the Register of Exercise Professionals (REPs).

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For more information please contact:
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