



## Fitness Instructing Certificate - K099

This course is focused towards students seeking to gain a vocationally related qualification in exercise, fitness and health. This practically focused qualification will develop the skills to plan and instruct gym-based exercise and plan and implement sport and leisure activities. The course incorporates the Level 2 Certificate in Fitness Instruction (gym based).

This qualification is approved by the Register of Exercise Professional (REPS). Upon successful completion you will be eligible to register onto the REPS and endorsed by CIMSPA (Chartered Institute for the management of Sport and Physical Activity).

### COURSE DETAILS

Units of study will include:

- Anatomy and physiology for exercise
- Know how to support clients who take part in exercise and physical activity
- Health, safety and welfare in a fitness environment
- Principles of exercise, fitness and health
- Planning gym-based exercise
- Instructing gym-based exercise

### ENTRY GUIDELINES

An assessment will be completed to establish if you have a good level of communication as this is key in being able to converse and advise clients on individualised fitness programmes.

A general level of fitness is required as you will be required to demonstrate exercise to clients. This will be assessed during the interview process.

You should have a genuine interest in the fitness industry. Experience in the industry is desirable but not essential.

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

*Office use only. Non Standard 6a.*

## ASSESSMENT METHOD

The course is assessed using a combination of practical and portfolio-based activities.

## WHERE CAN I PROGRESS TO?

Level 3 Diploma in Personal Training

Explore potential careers via [Career Match](#) — it provides current local data on wages and employment prospects.

## WHEN DOES THIS COURSE RUN?

CAMPUS	STARTS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	01st Sep 2021	Part Time	K099N001	

**If you are aged 19 or over:**

Fee : £425.00

*The fee quoted is for the academic year 2020-21.*

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 02nd March, 2021 and may be subject to change.