

Qualification factsheet

Qualification overview

This qualification is designed for learners who want to work as a Gym Instructor in the sport and physical activity sector.

This qualification is a pre-requisite for Level 3 Personal Training qualifications.

Qualification title	Level 2 Certificate in Gym Instructing		
Qualification number (QN)	603/3931/7		
Total qualification time (TQT):	185	Guided learning hours (GL)	130
Entry requirements:	This qualification is designed for learners who want to work as a Gym Instructor in the sport and physical activity sector.		

About this qualification

This qualification is designed to provide the knowledge, understanding and practical skills needed to work as a Gym Instructor in the sport and physical activity sector.

Qualification structure

To be awarded this qualification, learners are required to successfully complete 6 mandatory units.

Mandatory units

Unit 01 Anatomy and physiology for exercise
Unit 02 Maximising the customer experience in a gym environment
Unit 03 Supporting client health and well-being
Unit 04 Conducting client consultations and gym inductions
Unit 05 Planning and reviewing gym-based exercise programmes
Unit 06 Instructing and supervising gym-based exercise programmes

Assessment

The Level 2 Certificate in Gym Instructing is a skills and knowledge-based qualification which is internally assessed.

Progression opportunities

The objectives of this qualification are for learners to:

- demonstrate the knowledge, understanding and practical skills needed to work as a Gym Instructor
- develop skills and knowledge in a range of areas relevant to their role, such as:
 - the principles of working in the gym environment, including customer service and how to maintain health, safety and welfare
 - anatomy and physiology
 - how to conduct consultations and promote the health benefits of physical activity
 - how to communicate effectively and motivate clients to adhere to an exercise programme
 - how to plan and prepare a gym-based exercise programme.

Learners who achieve this qualification could progress to:

- Level 3 Diploma in Personal Training
- Level 2 Awards for Instructing Core Group Exercise (Group Cycling, Kettlebell Training, Circuit Training, Suspension Training)
- Level 3 Sport and Physical Activity qualifications
- Level 3 Diploma in Exercise Referral
- Level 3 Diploma in Increasing Participation in Sport and Active Leisure in Community Settings
- Level 3 Diploma in Sport
- Level 3 Diploma in Sports Massage Therapy
- Apprenticeship in Personal Training.



Contact us

NCFE
Q6
Quorum Park
Benton Lane
Newcastle upon Tyne
NE12 8BT

Tel: 0191 239 8000*

Fax: 0191 239 8001

Email: customersupport@ncfe.org.uk

Website: www.ncfe.org.uk

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