

LEVEL 2 INSTRUCTING EXERCISE AND FITNESS

This is made up of the following qualifications:

Level 2 Certificate in Gym Instructing

Level 2 NVQ Diploma in Instructing Exercise and Fitness

Essential Skills Wales Communication (if required)

Essential Skills Wales Application of Number (if required)

The core aim of this qualification is to empower learners with the essential knowledge and skills needed to engage, facilitate, educate, and support clients effectively in the dynamic gym or health club environment. Upon programme completion, individuals can acquire the competencies required to thrive as Gym Instructors, unlocking promising career opportunities in the fitness industry. This certification not only guarantees that learners are well-prepared for the fitness profession but also positions them as valuable assets in the fiercely competitive job market. In doing so, it not only contributes to the success of gym and health club businesses but also fosters a healthier and more active community, benefiting both individuals and organisations.



CUSTOMISED APPROACH

Specific occupations may necessitate additional qualifications or requisites, further customising the apprentices' learning journey. For instance, disciplines like group Indoor Cycling (Spin) and Kettlebells may be integrated into certain programmes to ensure apprentices are equipped with the specialised skills required by their occupation. This multi-faceted approach ensures that Apprenticeships not only meet but exceed the demands of both employers and their future workforce.

FREE ACCESS TO CPD OPPORTUNITIES FOR ALL APPRENTICES

These added value qualifications include Level 2 Award in Group Exercise Instructing: Indoor Cycling (Spin), Level 2 Award in Group Exercise Instructing: Circuit Training, Level 2 Award in Instructing Kettlebell Training, and Level 2 Award in Instructing Suspended Movement Training (TRX).



The Chartered Institute for the Management of Sport and Physical Activity professional standards set the gold standard in the fitness and sports industry. They guarantee expertise, competence, and ethical conduct, while fostering career development. Professionals and organisations that adhere to these standards provide outstanding services, elevating the industry's overall excellence.

SPORTS AND FITNESS APPRENTICESHIP

reuben.tucker@learningcurvegroup.co.uk
www.learningcurvegroup.co.uk

