

Instructor

SPACES ARE LIMITED
SO BOOK NOW TO AVOID
DISAPPOINTMENT



Gym

We are a training provider based in the South East who specialise in training instructors and coaches in the sports and fitness industries. Improving your knowledge and skills as a fitness instructor will enhance your career prospects.

A career as a fitness instructor is both fun and rewarding. You will be working with clients helping them to achieve their fitness needs. You will be supervising the gym and giving professional advice and support to your customers with exercise and fitness programmes.

Course Content:

- Unit 1- Anatomy and physiology for exercise
- Unit 2- Know how to support clients who take part in exercise and physical activity
- Unit 3 - Health, safety and welfare in a fitness environment
- Unit 4 - Principles of exercise, fitness and health
- Unit 5 - Preparing for gym-based exercise
- Unit 6 - Instructing gym-based exercise



Qualification:

CYQ Level 2 Certificate in Fitness Instruction (GYM)

Dates:

Online Learning: start following course booking
Theory Assessments: 11 June 2012 (13:30-16:30)
Course Attendance: 12-15 June 2012 (09:30-17:00)
Practical Assessment: 20 or 21 June 2012 (09:30-17:00)

Format: 4 days face-to-face training, Online Learning, 1 day practical assessment & theory assessment

Venue: Christ Church Sports Centre, Pilgrims Way, Canterbury Kent, CT1 1XS

Entry Requirement: Over 16

Assessment:

Multiple choice exam, worksheets, practical assessment

Cost: £500.00*

* including VAT. Special price only available to Canterbury Christ Church University students.



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