

D1131 Level 2 Certificate in Fitness Instructing (Gym)

Aim of the Qualification

- To train candidates to a professionally competent level enabling them to plan and deliver safe exercise sessions within a gym environment.

Objectives

- To develop candidates' knowledge of anatomy, physiology, and the components and principles of fitness.
- To develop candidates' ability to plan, instruct and evaluate exercise sessions.
- To provide candidates with the opportunity to progress to further qualifications in the exercise and fitness industry.