

D1133 Level 3 Certificate in Advanced Fitness Instructing (Gym)

Pre-requisite

- Candidates need to have previously gained a suitable level 2 qualification in gym instructing.

Aim of the Qualification

- To train candidates to a professionally competent level enabling them to plan and deliver safe, progressive fitness within a gym environment.

Objectives

- To develop candidates' knowledge of anatomy, physiology, functional kinesiology and concepts and components of fitness.
- To provide candidates with the knowledge and skills to be able to plan and deliver progressive fitness programmes which help clients to achieve short, medium and long-term goals.
- To provide candidates with the knowledge and skills to identify clients' state of change and to provide strategies for successful behaviour change.