

General Enquiries

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STOCKPORT
COLLEGE

Fitness Instructing - Gym Based Exercise (Eve) Level 2 Certificate

Location	Woodley Sports Centre
Full/Part time	Part-time
Department	Sport



Course Overview

This qualification is aimed at the learner who wants to pursue a career in the health and fitness industry as a fitness instructor in the context of gym-based exercise.

Course Requirements

No specific qualifications, previous learning or experience is required.

However, basic literacy and numeracy skills are an added advantage. In addition candidates should have the ability to read write, organise and interpret written tasks in English.

An initial assessment of each candidate will be made before the start of the programme to identify candidates that have any specific training needs support, credit they have accumulated and the appropriate type and level of qualification.

There will be an induction programme so the candidate fully understands the requirements of the qualification[s], their responsibilities as a candidate, and the responsibilities of the centre. This information will be recorded on a learning contract.

Course Progression

Level 3 Certificate in Personal Training

Course Assessment

Multiple choice theory paper/online assessment/s

Practical examination

Worksheets

Written assessments

Course Finance

Course fees are £456.00 which includes Exam /Registration Fee.

(includes temporary membership for duration of study programme at the Gym at Woodley Sports Village and full KIT

bag)

Course Includes

Anatomy and physiology including:

- the heart and circulatory system
- the respiratory system
- structure and function of the skeleton
- musculoskeletal system
- postural and core stability
- the nervous and energy systems and their relation to exercise

How to maintain health, safety and welfare in a variety of fitness environments, including the safeguarding of children and vulnerable adults.

How to programme safe and effective exercise for a range of clients, the health benefits of physical activity and the importance of healthy eating.

How to communicate with clients effectively, and motivate clients to adhere to an exercise programme.

The skills and knowledge required to plan and prepare a gym-based exercise programme with apparently healthy adults - both individuals and groups. This may include young people in the 14-16 age range, provided they are part of a larger adult group. Client groups also covered are older adults, ante and postnatal clients and disabled clients provided the relevant contraindications and key safety guidelines are observed.

Free gym membership for duration of the programme at Woodley Sports Village.

Course Additional Information

Part-time