

## Gym Instructing (Certificate) Level 2

Dundee and Angus College

### Venues

Gardyne Campus

### Content

This qualification aims to provide learners with the knowledge and skills to be able to plan, deliver and supervise safe and effective exercise programmes within a gym or health club environment. During the qualification learners will cover:

Anatomy, physiology and nutrition and how they relate to exercise & fitness; Health and safety in the fitness environment; The skills to conduct client and group inductions in a gym-based environment and support exercise adherence and a healthy lifestyle; The skills to plan, instruct and supervise safe and effective exercise and physical activity sessions; Professionalism for fitness instructing; Personal and professional development; Delivering exceptional customer service.

### Start Date

Flexible

### Qualification

Other

### Study Method

Distance and Flexible learning  
Part time (work based)

### Course Length

Flexible

### Department

Sport and Fitness

### Entry Requirements

Students must be registered with Active IQ for this course before the start date therefore candidates should register as far in advance for the course as possible. This qualification is open to all. The course requires physical exertion and individual participation is essential, therefore, a degree of physical fitness is necessary.

There is also an element of communication (discussing, presenting, reading and writing) involved and candidates should have basic skills in communication pitched at level 2.

## SCQF Level

5

## SCQF Points

«SCQFPoints»

## Progression Routes

Level 3 Diploma in Personal Training

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Old Glamis Road  
Dundee  
DD3 8LE

## Website

[www.dundeeandangus.ac.uk](http://www.dundeeandangus.ac.uk)