

## Gym Instructing Level 2 Certificate (YMCA)

Edinburgh College

### Venues

Granton Campus  
Sighthill Campus

### Content

The YMCA Level 2 Certificate in Gym Instructing is a nationally recognised, CIMSPA endorsed qualification. This course will develop the practical skills you need to become an instructor through working with your peer group. Delivered over 20 weeks, this course provides options for a career as a Gym instructor or for further study in Fitness, Health, and Exercise, Personal Training or Sports Therapy.

What you will learn

Practical skills and competencies on how to deliver a range of safe and effective exercises; A broad understanding of muscles, bones, and energy systems; How the body responds to exercise, nutrition and healthy eating; How to encourage good lifestyle management and health awareness; How to provide a positive customer experience in a fitness environment.

### Start Date

August

### Qualification

Other

### Study Method

Full time

### Course Length

20 weeks

### Department

Sport and Fitness

### Entry Requirements

1 relevant Higher plus 3 subjects at National 5, preferably including English and a science subject. National 4 Biology or above would also be an advantage.

### SCQF Level

5

### SCQF Points

«SCQFPoints»

### Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

### Address

«Address»

### Website

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