

# Access to Gym Instructing Level 2 Certificate

Edinburgh College

## Venues

Sighthill Campus

## Content

This is a theory and practical-based course intended to prepare you for entry to the Level 2 YMCA Certificate in Gym Instructing. Over 18 weeks, you will be introduced to key concepts and competencies that will help you gain an understanding of what is required to become a Fitness Instructor.

What you will learn:

Anatomy and Physiology; Planning and Instructing Fitness for Others; Developing Leadership within Physical Activities; Current Exercise Trends.

## Start Date

January

## Qualification

Other

## Study Method

Full time

## Course Length

18 weeks

## Department

Sport and Fitness

## Entry Requirements

3 subjects at National 4 including English and preferably Physical Education or a science subject.

## SCQF Level

5

## SCQF Points

«SCQFPoints»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

«Address»

## Website

www.edinburghcollege.ac.uk