

Gym Instructing (AIQ) Level 2 Certificate

Glasgow Kelvin College

Venues

Springburn Campus

Content

The Certificate in Gym Instructing (Level 2) at Glasgow Kelvin College is a nationally recognised qualification designed for anyone looking to start a career in the health and fitness industry.

You'll learn how to plan, deliver, and supervise safe, effective exercise sessions for individuals and groups in a gym or health club environment. The course blends classroom learning with practical instruction and real-world experience, helping you develop both your technical knowledge and your confidence as an instructor.

Topics include anatomy and physiology, customer care, health and safety, and behaviour change strategies — all aligned with current industry standards and expectations. By the end of the course, you'll have the skills to support clients in achieving their fitness goals and a strong foundation to progress in the fitness industry.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

18 weeks

Department

Sport, Fitness and Adventure Sports

Entry Requirements

1 Higher, or 3 subjects at National 5, or relevant national qualifications at SCQF Level 5.

SCQF Level

5

SCQF Points

«SCQFPoints»

Progression Routes

Most students progress to the Level 3 Diploma in Personal Training (January – June), where you'll develop advanced coaching, programming, and client support skills.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

123 Flemington Street
Glasgow
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Website

www.glasgowkelvin.ac.uk