



Certification: Level 2 Certificate in Planning and Delivering Gym Based Exercise

This qualification is an entry level course for learners who would like to pursue a career in the health and fitness industry. It is ideal for learners looking to train to become a gym instructor to teach and deliver gym based exercise including being able to plan, instruct and evaluate one-on-one gym programmes. The course can also be used as a starting point for a Personal Training qualification.

What's more, by completing the Level 2 Certificate with British Weight Lifting, you will be able to complete an additional CPD course for FREE – **the fundamentals of teaching the Olympic lifts**. The content in this CPD course focuses on an introduction to how coaches and athletes can teach and perform the basic elements of the Olympic lifts safely and effectively, to people of all ages and abilities.

What will I learn?

The Level 2 course will teach you everything required to start working as a gym instructor.

The course will cover:

- Anatomy and physiology for fitness
- How to deliver safe and effective gym sessions to clients
- Understand how to support client's lifestyle management and enhance client motivation for exercise and physical activity
- Understanding the methods required to create a safe fitness environment and assessments for gym-based exercise sessions
- Instructing professional practice and effective exercise supervision in gym-based exercise sessions

To view the course modules please [click here](#).

To qualify for your Level 2 certificate, you will be required to complete a selection of online assessments.

What does this course qualify me to do?

This course will qualify you to operate as a gym instructor and give you the pre-requisite to complete your Personal Training qualification.

Prerequisites

You must be at least 16 years of age when booking and be able to communicate effectively in English.

Online learning only

Length of Course:

A minimum of 10 days
PLUS, free fundamentals of teaching the Olympic lifts CPD course.

Price of course

Standard Price: £449

Member Price: £427