



Level 2 Certificate in Fitness Instructing (Gym)

INTRODUCTION

This qualification provides access onto the Register of Exercise Professionals (REPs) at level 2.

The HFI Certified Fitness Instructor is the qualification which means successful candidates can work for an employer as a gym instructor. Level 2 gym instructors are also eligible for the level 3 Personal Trainer qualification.

“Start working as a gym instructor and begin your progression into Personal Training!”

A very popular choice is to take the level 2 gym instructor and level 3 personal trainer together as the HFI Personal Trainer Diploma. These two qualifications are completed in smooth succession at a pace to suit individual candidates – fast track or slow and steady.

If you are a sport/exercise degree graduate contact HFI about gaining the level 2 and level 3 PT via HFI gym work experienced graduate level 3 PT assessment only route.

WHO IS THIS FOR?

Anyone of 16 years of age or older.

COURSE FORMAT OPTIONS

Full 5-day preparatory workshop + home-study/guided learning.

OR

Online theory course + 1-day practical workshop.

QUALIFICATION STRUCTURE AND UNIT CONTENT

This qualification comprises of 6 mandatory units

Unit 1 – Anatomy and physiology for exercise

Unit 2 – Know how to support clients who take part in exercise and physical activity

Unit 3 – Health, safety and welfare in a fitness environment

Unit 4 – Principles of exercise, fitness and health

Unit 5 – Planning gym-based exercise

Unit 6 – Instructing gym-based exercise

+ First Aid Qualification (this is a required element).

Successful achievement of all units must be achieved for the full qualification.

ASSESSMENT INFORMATION Level 2 Certificate in Gym Instructing

Format

1-day attendance consisting of 1¼-hour multiple-choice theory paper

and 1-hour gym practical. Candidates will have completed some required work beforehand and they will bring a client to the assessment day.

Assessment by 6 units

Unit 1

External theory paper – 1¼ hours (Exercise and Fitness Knowledge) – 70% required.

Unit 2

Client interview – completed prior to the assessment day.

Unit 3

Worksheet or professional discussion – completed prior to the assessment day.

Unit 4

Internal theory paper (Principles of Exercise, Fitness and Health) – part of the 1¼ hour multiple-choice theory paper completed on assessment day.

Unit 5

● Worksheet or professional Discussion – completed prior to the assessment day.

- PAR-Q
- Programme card
- Session plans x4

Unit 6

● Observed summative assessment – this is a part of the 1 hour gym practical.

- Session and self-evaluation – this is a part of the 1 hour gym practical.
- Observed formative assessment – completed at the practical workshop.

ENTRY REQUIREMENTS

- Some experience of gym-based exercises, including free weights, is highly recommended.
- 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 learners should have basic skills in communication pitched at level 2.

- First Aid.

TARGET LEARNERS

● Adults (aged 16+) wishing to pursue a career in the health and fitness sector as gym-based fitness instructors.

● Please note that 16 to 18 year-olds may need to be supervised in the workplace, once they have achieved the qualification.

AIM

● To train learners to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes within a gym or health club environment.

OBJECTIVES

- To develop learner's knowledge of anatomy and physiology and how it relates to exercise and fitness.
- To develop learner's ability to plan and deliver safe and effective gym sessions.

● To provide learners with the knowledge to develop good customer service and the personal qualities required by the exercise and fitness industry.

● To provide learners with an awareness of health and safety in an exercise and fitness environment.

● To provide learners with the opportunity to progress to further qualifications in the exercise and fitness industry.

PROGRESSION

● This qualification provides progression to Level 2 NVQ Certificate in Instructing Exercise and Fitness, for learners who wish to develop and demonstrate occupational competence in gym instruction.

● Alternatively, it provides progression to Level 3 qualifications in Personal Training for learners who wish to further their knowledge and skills and become personal trainers working with specialist populations as well as the general population.

● Learners may also broaden their knowledge and skills by progressing to Level 2 qualifications in Instructing Circuits and Exercise to Music.

ADDITIONAL INFORMATION

OCCUPATIONAL TITLE

Gym Instructor

OCCUPATIONAL DESCRIPTION

A fitness instructor's role includes planning, instructing and evaluating gym-based inductions and ongoing client/member programmes. They should also assist more qualified instructors in the delivery of personal training programmes. A fitness instructor should also actively encourage potential clients/members to join and adhere to regular exercise programmes, employing appropriate motivational strategies to achieve this.

OCCUPATIONAL ROLES

The fitness instructor should be involved in:

- 1 Collecting and checking information relating to individual clients
- 2 Analysing information relating to individual clients

3 Identifying and agreeing basic short, medium and long term goals

4 Planning, instructing and evaluating safe and appropriate gym-based exercise sessions

5 Providing one-to-one or group inductions and general exercise programmes, including the introduction to new equipment where appropriate.

6 Selecting relevant exercises and designing appropriate programmes which address safety at all times.

7 Producing suitable programme cards for a range of clients/members.

8 Suggesting relevant exercise adaptations to allow for individual client differences or needs.

9 Using logical and progressive teaching methodologies to introduce a range of exercises in relation to client's goals.

10 Selecting and/or correctly demonstrating a variety of cardiovascular and resistance training methods that can be used by clients/members.

11 Providing clients/members with general advice on how to progress their individual programmes.

12 Observing clients/members at all times in order to correct unsafe technique where required.

13 To positively interact and motivate clients/members using appropriate strategies in order to promote retention and adherence to exercise.

14 Acting as a positive role model at all times for all clients/members and staff

15 Proactively developing and maintaining high standards of customer care in order to facilitate the retention of clients/members.

16 Promoting healthy activities and related strategies for daily living to clients/members

17 Monitoring maintenance schedules and assisting in the upkeep and cleanliness of the environment and all associated gym equipment.

18 Working within the parameters given at Level 2, recognising the standards and professional limitations that this provides, referring to appropriate members of staff for guidance and support.

OCCUPATIONAL COMPETENCE

L2 Gym Instructors should:

1 Be aware of their professional role boundaries as listed.

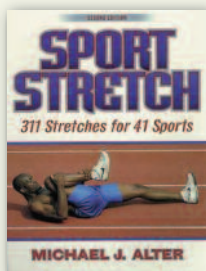
2 Give guidance to encourage special population clients* to follow the key safety guidelines and discourage them from anything deemed to be potentially hazardous/contraindicated to enable them to take part in sessions.

* Special population clients including:

- 14–16 year old young people
- disabled people
- older people (50+)
- ante and postnatal women

3 Get advice from another appropriate professional if there are any objectives, physical activities or risks that fall outside their professional boundaries or that they do not feel competent to deal with and/or refer on to the appropriate person.

RECOMMENDED STUDY BOOKS



GYM INSTRUCTOR LEVEL 2 RECOMMENDED STUDY BOOKS

Not required for sport/health undergraduates/graduates.

Anatomy and Physiology made Incredibly Easy

3rd Edition, 2005
Ed Springhouse £22.95

Essentials Exercise Physiology

3rd Edition, 2007
William D. McArdle, Frank I. Katch,
Victor L. Katch £29.99

Kinetic Anatomy

2nd Edition (includes software)
Benke £44.95

Strength Training Anatomy

3rd Edition, 2010
Delavier £15.99

Fitness and Health

6th Edition, 2007
Sharkey £19.99

Sport Stretch

Alter £15.99

TOTAL (free postage) £149.86

ADDITIONAL COURSES FROM HFI TRAINING

- First Aid Qualifications
- Gym Instructor Qualifications
- Personal Trainer Qualifications
- Advanced Personal Training Skills Workshops
- Motivational Interviewing
- ACSM Qualifications
- Online courses
- PT Business Opportunities
- PT Business Set Up



TO APPLY FOR THIS COURSE

Complete the application form or go to:

- www.hfigroup.com (Gym Instructor)
- [email info@hfigroup.com](mailto:info@hfigroup.com)
- call HFI on 020 7231 3981.

CONTACT

Alison Hall
HFI Training International
020 7231 3981/07799 621 456
alison@hfigroup.com
www.hfigroup.com

