

# Gym Instructing Certificate Level 2

Adult

This YMCA Awards qualification is specifically for learners who are aspiring to progress to an exciting and highly rewarding career as a Gym Instructor on an employed or self-employed basis. This qualification is mapped directly to The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for a Gym Instructor, and is your first step towards a career as a Fitness Instructor in just 12 weeks!

This course combines elements of both practical and theoretical learning where you will have the opportunity to apply the theory of gym instructing. Our industry-experienced lecturers are all fully qualified and will guide you every step of the way, enabling you to progress towards a career as a Gym Instructor. You'll be learning everything the industry requires from designing bespoke programme cards to developing skills when instructing on a variety of pieces of equipment in our college gym. You will cover everything that makes up a session including warm-ups through to the use of cardiovascular and resistance machines as well as free weight and body weight exercises. In essence, you'll be developing all of the essential skills you need to start your journey towards a career as a Gym Instructor.

Taking place over a 12-week period you will study the elements required to be able to plan and deliver gym-based sessions to clients within a gym or health club facility.

This course allows you to be qualified and ready to work in a fitness environment in just 12 weeks.

Our highly-skilled and motivated staff have a wealth of industry and are here to give you the very best start to your career as a Gym Instructor.

## YMCA Awards



Scan the QR Code for full course description, assessment and progression options from this course



**Find out more and  
apply online**



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## ENTRY REQUIREMENTS

Candidates must be over 19 at time of interview and have a passion for the fitness industry. Having a grade C or level 2 equivalent in English and Maths is desirable – if you do not hold one or either of these qualifications the college can support you to complete these alongside this course as part of your study programme.



## LOCATION & NEXT START DATE(S)

Cornwall College St Austell - 8 September 2025



### LEVEL

Level 2

### DURATION

12 Weeks

### ATTENDANCE

Part-time

### FEES

Tuition Fees: £406.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



## Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



**Find out more and  
apply online**

