

Fitness Instructor Certificate

If you want to be a fitness instructor then this Fitness Instructor Certificate will help kick-start your career. Combining home and classroom-based study with practical experience in the gym, this industry-recognised qualification can be completed in six to eight weeks. So before you know it you will have all the skills, knowledge and confidence to induct clients around the gym, plan and supervise their workouts.

Written and delivered by subject-matter experts and experienced personal trainers, this Certificate will ensure you are armed with all the skills, knowledge, resources and expertise you need to work as a fitness instructor and is your first step on the ladder to becoming a personal trainer.

Plus once you've signed up, you'll have instant access to our online learning portal including supportive information and materials, learning resources for anatomy and physiology and mock assessments. Soon after, you'll receive your workbooks and before you know it you'll be in the gym with your tutors mastering the art of fitness instructing.

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Who is it for?

- Those who are looking to start a career as a fitness instructor
- Post-university sports science or sports studies graduates who need a fitness qualification
- Ex-forces personnel looking to transfer their skills into the world of fitness instructing
- Those who wish to deliver exercise referral in the community and require a fitness instructor qualification
- Sports coaches or PE teachers wishing to add another string to their bow or change job role
- Fitness enthusiasts who want to know more about how the body trains

What are the benefits?

- Can be completed in six to eight weeks
- Anatomy and Physiology online – so you can get started today!
- Online support, webinars, interactive tasks and manuals available to download as soon as you sign up
- Latest information, research and education standards

What will I learn?

The Structure and Function of the Body (Anatomy and Physiology)

- How the structure and function of the body affect exercise programming
- Conducting health screens and basic fitness tests

Planning Exercise Programmes

- Warm ups and cool downs
- Cardiovascular training
- Resistance training using gym machines, free weights and body weight
- Basics of core stability

Essential Teaching Skills of a Fitness Instructor

Level and pre-requisites

This is a REPs Level 2 qualification. There are no pre-requisites.

Course duration and delivery

- You could complete this qualification in as little as six to eight weeks
- **Anatomy and Physiology:** home study
- **Gym Instructing:** practical and theory learned through mixture of classroom, gym and home study
- **Learner support:** access to tutors and online resource areas

What qualifications/certificates will I receive?

- ✓ LAO Level 2 Certificate in Fitness Instructing (gym)

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Why Lifetime?

- All tutors are of a high standard and have experience as fitness instructors and personal trainers
- Instant access to online learning to enhance your understanding
- Includes customer interaction skills to give you confidence on the gym floor
- Latest information, research and education standards
- Supported by your tutor every step of the way
- Quality, up to date workbooks and reference materials written by experts in the field

How will I be assessed?

- **Level 2 Anatomy and Physiology:** theory exam
- **Level 2 Fitness Instructor:** practical assessment plus associated paperwork
- **Level 2 Core Units:** completion of a workbook unless you have recognised prior learning

Register of Exercise Professionals (REPs)

This course will give you entry onto the Register of Exercise Professionals (REPs) at Level 2. You will also earn 20 CPD points.



Where can I go from here?

- Les Mills Instructor
- Older Adults Specialist
- Ante and Post Natal Specialist
- Group Exercise Specialist
- Personal Training Diploma (for current instructors)

Visit www.lifetimetraining.co.uk/trainingcourses to find out more.