

## L2 Gym Instructor (Active IQ)



### Entry Requirement

Over 18

### Course Overview

This is an industry recognised qualification that allows the holder to work as a gym instructor and gain entry at Level 2 onto the Register of Exercise Professionals (REPS). If you want to pursue a career in the health and fitness industry as a fitness instructor working in gyms, then this qualification is for you. A career as a gym instructor is both fun and rewarding. You will be working with clients helping them to meet their health and fitness goals, as well as supervising the gym environment and giving professional information, advice and support to your customers.

### Recognised Qualification

- Qualification awarded by Active IQ
- Enables level 2 entry to REPs

### Accreditations

Active iQ



# Course Content

## Unit 1: Anatomy and physiology for exercise and health (Level 2)

- Structure and function of the circulatory system
- Structure and function of the respiratory system
- Structure and function of the skeleton
- Understand joints in the skeleton and the muscular system
- Nervous system and its relation to exercise

## Unit 2: Health, Safety and Welfare in a Fitness Environment (Level 2)

- Emergency procedures in a fitness environment
- Health and safety requirements in a fitness environment
- Control risks in a fitness environment
- Safeguard children and vulnerable adults

## Unit 3: Principles of Exercise, Fitness and Health (Level 2)

- Effects of exercise on the body
- Components of fitness
- Principles and variables of fitness to an exercise programme
- Exercise contraindications and key safety guidelines for special populations
- Safely monitor exercise intensity
- Health benefits of physical activity and the importance of healthy eating

## Unit 4: Know How to Support Clients Who Take Part in Exercise and Physical Activity (Level 2)

- Form effective working relationships with clients
- Address barriers to exercise that clients experience
- Support clients to adhere to exercise
- Provide ongoing customer service to clients

## Unit 5: Planning Gym-Based Exercise (Level 2)

- Collect client information to plan gym-based exercise
- Use client information to plan gym-based exercise
- Plan gym-based exercise with clients
- Collect and use client information to plan a gym-based exercise programme
- Plan a safe and effective gym-based exercise programme with clients

## Unit 6: Instructing Gym-Based Exercise (Level 2)

- Prepare clients for gym-based exercise
- Instruct gym-based exercise
- Supervise clients undertaking gym-based exercise
- Bring a gym-based exercise session to an end
- Support clients taking part in gym-based exercise



## 1. Blended Learning

You will study for this certificate both through online studies and attendance for the practical units. The theoretical units will be through Active IQ's interactive e-learning and hard copy manuals.

### Summary of attendance:

L2 Gym Instructor course – 3 days plus 1 assessment day

L2 Exams – ½ day

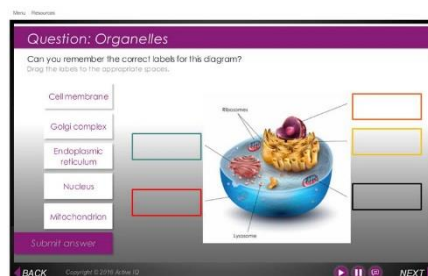


## 2. eLearning

You will study for this certificate through online learning for both practical and theoretical units along with hard copy manuals. There is no course attendance. For this format, it is recommended that you are very familiar with gym exercises (CV machines, resistance machines, free weights, body weight). You will need to submit all your assessments via post or electronically including video of your practically demonstrating instructing. You will be required to attend an exam venue for the level 2 exams.

### Summary of attendance:

L2 Exams – ½ day



## Assessment

- Two multiple-choice exams
- Practical demonstration
- Portfolio/worksheets

## Certification

- L2 Active IQ Certificate in Fitness Instructing (Gym)



## What next?

- L3 Personal Trainer
- L3 Older Adult
- L3 Ante Natal and Post Natal