



Active iQ

## Level 2 Certificate in Gym Instructing

This qualification is aimed at anyone wishing to pursue a career in the health and fitness industry as a Studio Cycling Instructor To gain this award you either need to hold a Level 2 Gym Instructor or Group Exercise qualification. This qualification is nationally and internationally recognised and is offered through the awarding body ActiveIQ, one of the most recognised awarding bodies in the UK.

**The course will cover a wide variety of theory and practical elements which will include:**

- Anatomy, physiology, and nutrition and how they relate to exercise and fitness.
- Health and safety in the fitness environment.
- The skills to conduct client and group inductions in a gym-based environment and support exercise adherence and a healthy lifestyle through client consultations.
- The skills to plan, instruct and supervise safe and effective exercise and physical activity sessions.
- Professionalism for gym instructing.
- Personal and professional development.
- Delivering exceptional customer service.

### Course Times & Costs

Courses are run through a mixture of online and face to face sessions. There is a fantastic learning portal and excellent manual to help online learning and this is integrated with face to face training sessions to give the best learning experience possible.

This course can be studied full or part time to suit your requirements, for more information on course dates and times please contact Tim Holbrook on 07766335672 or email [timholbrook@hotmail.co.uk](mailto:timholbrook@hotmail.co.uk).

The cost of this course is £400, if combined with other courses discounts are available. There is an initial deposit payable of £175 and the remainder of the course fees can be paid throughout the duration of the course.