

GYM TRAINING COURSES

Gym Instructor Level 2

20 REPs points



Overview

If you're looking to start a career in the health and fitness industry, this is the course to get you going. The course will provide you with the necessary knowledge to induct clients into the gym environment. It will teach you how to deliver a safe and effective exercise programme.

Course content

- Exercise and fitness knowledge covering:
 - bones and joints
 - muscles and muscle actions
 - cardiovascular and respiratory components of fitness
 - principles of training
- How to plan and teach safe and effective exercise sessions
- The principles of training
- How to adapt exercise to suit varied fitness levels
- How to use a range of teaching skills
- The body's systems and its response to exercise
- Health and safety factors
- How to motivate and support clients

Entry requirements

There are no entry requirements however it would be useful if you have exercised within a gym environment.

Assessment

Candidates are assessed via theory exams and worksheets, plus a direct observation when instructing a gym based session.

Duration

12 days. Can be run either over a 12-week period or as an intense 2-week course.

Cost

£750 +VAT

For more information click

www.cyq.org.uk/certificate-in-fitness-instructing

GYM TRAINING COURSES

Exercise to music

20 REPs points



Overview

This course will qualify you to become an aerobics/group instructor. There are great opportunities for instructors, whether you want to teach in leisure centres and health clubs or maybe you want to hire your local village hall and run your own classes. You will cover the initial “Exercise and Fitness knowledge module” before covering the practical elements of how to plan and delivery a fun exercise class.

Course content

- Exercise and fitness knowledge covering:
 - bones and joints
 - muscles and muscle actions
 - cardiovascular and respiratory components of fitness
 - principles of training
- How to plan, teach and evaluate a safe and effective exercise to music session
- Appropriate health and safety considerations
- Exercise class approaches and techniques
- How to set up a class

Entry requirements

There are no entry requirements however it would be useful if you have already attended a variety of exercise to music classes.

Assessment

Candidates are assessed via theory exams and worksheets, plus a direct observation when instructing an exercise to music based session.

Duration

12 days. Can be run either over a 12-week period or as an intense 2-week course.

Cost

£750 +VAT

For more information click

www.cyq.org.uk/certificate-in-fitness-instructing

Step Exercise to Music

20 REPs points

Overview

This course is ideal for those of you who are already a qualified Fitness instructor who wants to start teaching Step aerobics.

Course content

You will learn:

- How to plan, teach and evaluate a safe and effective step exercise to music session
- Appropriate health and safety considerations
- Step exercise to music training approaches and techniques
- How to set up a class

Entry requirements

You must have previously completed the CYQ Exercise to music qualification or other equivalent course recognised by the National Qualifications Framework (NQF).

Assessment

Candidates are assessed via production of lesson plans and practical evaluation.

Duration

Delivered over 2 weekends

Cost

£190 +VAT

For more information click

www.cyq.org.uk/award-in-step-exercise-to-music

Circuit Training

20 REPs points

Overview

This course is ideal for those of you who are already a qualified Fitness instructor who wants to start teaching circuit training classes. A very popular class type

Course content

You will learn:

- How to plan, teach and evaluate a safe and effective circuit training session
- Appropriate health and safety considerations
- Circuit training approaches and techniques
- How to set up a class

Entry requirements

You must have previously completed the CYQ Exercise to music qualification or other equivalent course recognised by the National Qualifications Framework (NQF).

Assessment

Candidates are assessed via production of lesson plans and practical evaluation.

Duration

Delivered over 2 weekends

Cost

£190 +VAT

For more information click

www.cyq.org.uk/award-in-circuit-training

Advanced Fitness Instructor

Overview

Course content

- Advanced exercise and fitness knowledge covering:
 - bones and joints
 - muscles and muscle actions
 - core stability
 - principles of progressive training and professionalism
- How to plan a safe and effective progressive programme/advanced session
- How to instruct a safe and effective progressive programme/advanced session
- How to evaluate a safe and effective progressive programme/advanced session

Entry requirements

Assessment

Duration

Cost

For more information click

www.cyg.org.uk/certificate-in-advanced-fitness-instructing