



Certificate in Fitness instructing - K122

This qualification has been specifically designed for people who want to pursue a career in the popular, exciting and fast growing industry of Health, Fitness and Personal training.

COURSE DETAILS

This qualification aims to provide learners with the knowledge and skills to be able to plan, deliver and supervise safe and effective exercise programmes within a gym or health club environment.

This is Year One of a Two Year programme. After year one you will be a qualified Fitness instructor in gym based exercise and group exercise. You will then be able to progress onto year 2 to study level 3 Personal Trainer (K048) to gain all the skills required for a successful career in the fitness industry including being self-employed.

During the programme you will study:

- Principles of anatomy, physiology and fitness.
- Health and safety in the fitness environment.
- Professionalism and customer care for fitness instructing.
- Conducting client consultations to support positive behaviour change.
- Planning and instructing gym-based exercise.

CIMSPA Endorsed Professional Standards

ENTRY GUIDELINES

This is a Study Programme for students who are 16-18 years of age.

To study a Level 2 qualification, you will need:

A minimum of 4 GCSEs at grade 3, including English and Maths (or L1 Functional Skills in English and Maths)

OR

A relevant Level 1 qualification with GCSE English and Maths at grade 3 or above (or L1 Functional Skills in English and Maths)

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

EQUIPMENT REQUIRED

To learn effectively on your course you will need to use certain items of equipment and undertake particular activities as part of your studies. To further enhance your learning experience the following will be required:

- Uniform
- Educational Visits

These will incur additional costs. If you need support with these costs, don't worry, click on the link below and complete a bursary application form.

<https://www.wmc.ac.uk/student-support/financial-support/bursaries-loans>

Equipment purchased will be yours to keep and you will be able to use them for practice at home and in your future career.

ASSESSMENT METHOD

This course is assessed using a variety of methods including tutor-observations of practical activities, worksheets, presentations etc.

ADDITIONAL INFORMATION

You will be expected to wear a uniform (which will be discussed at interview and induction)

You will participate in real work experience

Some experience of gym-based exercises, including free weights, is highly recommended.

The course requires physical exertion, and individual participation is essential; therefore, a degree of physical fitness is necessary.

Are you aged 16-18?

Study programmes are full-time courses for 16-18 year olds which include:

- A qualification such as BTEC Extended Diploma
- Meaningful work experience or preparation for work
- English and maths, if you don't already have GCSE grade A*-C in English and maths (grade 4 and above)
- Non-study activities such as tutorials, voluntary work, fund-raising/charity work, sport or trips.

WHERE CAN I PROGRESS TO?

You could progress to these Wirral Met courses:

- K048 — Level 3 Personal Trainer
- Apprenticeship in Personal training

Explore potential careers via [Career Match](#) — it provides current local data on wages and employment prospects.

WHEN DOES THIS COURSE RUN?

| CAMPUS | ATTENDANCE | COURSE CODE | PLANNED TIME TABLE |
|--|------------|-------------|--------------------|
| | Full Time | K122Q001 | |
| If you are aged 19 or over: Fee : £575.00 <i>The fee quoted is for the academic year 24/25.</i> | | | |

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 12th October, 2024 and may be subject to change.