Edexcel BTEC Certificate in Fitness Instructing

Description

The Edexcel BTEC Level 2 Certificate in Fitness Instructing is for learners who work in, or want to work in schools, in a gym or other recreational facility that provides exercise and physical activities for health or well-being. It gives learners the opportunity to develop a range of skills and techniques, personal skills and attributes essential for successful performance as a fitness instructor.

Content

1. Health, Safety and Welfare in a Fitness Environment
2. Principles of Exercise, Fitness and Health
3. Know How to Support Clients who Take Part in Exercise and Physical Activity
4. Anatomy and Physiology for Exercise
5. Planning Gym-based Exercise
6. Instructing Gym-based Exercise

Prerequisites/Audience

There is no experience or previous qualifications required for enrolment on this course. It is available to school teachers and assistants as well as other individuals who have interest in fitness instructing.

Assessment Method - Written and practical assignments

Start Date: Check general calendar and summer program schedule

Duration: 10 weeks

Registration Fee: J$1,000.00

Tuition: J$62,000.00 plus £98.00 for Edexcel assessment and certification

Required Text Price Range: US$38.00 - US$60.00