

# Portal

Hyfforddiant ac Ymgynghoriaeth | Training & Consultancy

Level 2  
Certificate in  
Activity Leadership  
- Fitness Instructing  
Pathway



**4**  
TRAINING

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SPORT

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## Unlock your true potential with our Level 2 Certificate in Activity Leadership - Fitness Instructing Pathway, in conjunction with LA Training.

Portal's suite of Activity Leadership qualifications are accredited by 1st4Sports and Active IQ. This qualification offers development opportunities for leading and contributing to fitness in a gym-based environment.

This qualification is ideal for individuals who aspire to pursue a career in the health and fitness sector as gym-based fitness instructors. Learners will develop their professional competence to prescribe, plan, and deliver safe and effective exercise programmes within a gym or health club environment.

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### Additional Information about our Sports Courses funded by Welsh Government

#### ELIGIBILITY

For the apprenticeship programmes within this section the below eligibility rules apply.

#### Individuals who:

- Have the right to work in the UK
- Have a contract of employment for at least 16 hours a week
- Are not following any other Welsh Government funded programmes
- Do not hold a degree in the same area of study as the apprenticeship programme
- Have not previously completed a Level 2 apprenticeship programme in the same area of study

We would need to discuss your role, responsibilities and employment duration within your role

#### ESSENTIAL SKILLS

The following Essential Skills courses are required or will need to be completed:

- Level 2 or 3 Application of Number
- Level 2 or 3 Communication
- Level 2 or 3 Digital Literacy



# LEVEL 2 CERTIFICATE IN ACTIVITY LEADERSHIP

## Who is this qualification for?

The qualification is suitable for:

- Learners who are new to a gym/fitness environment.
- Learners who wish to forge a career in gym-based coaching and progress to become a Personal Trainer.

It is designed for those who have responsibility for the planning and delivery of safe and effective exercise programmes within a gym or health club environment.

## What does it cover?

The learner will:

- Focus on skills and competencies required to be able to plan, deliver and review a series of coaching sessions in a gym-based environment.
- Be introduced to the principles and practices of safe, ethical and effective practice in leading activity sessions, ensuring competence to the required standard in an appropriate sports environment.
- Develop an understanding of their rights and responsibilities as an employee in the Active Learning and Leisure sector.

## How is the Qualification Assessed?

- Written and verbal activities
- Observation
- Evidence from the workplace

## Qualification Delivery

- This qualification will combine face-to-face sessions with online delivery
- Learners are expected to attend monthly sessions lasting 1½ hours
- LA Training will deliver the Certificate in Fitness Instructing (Gym) Units, during months 4-7 of the programme



### Certificate

#### Activity Leadership Example Units

- Support the Work of Your Team and Organisation
- Support Equality and Diversity in Active Leisure and Recreation
- Lead Activity Sessions
- Prepare for Activity Sessions
- Conclude and Review Activity Sessions

#### Level 2 Certificate in Fitness Instructing (Gym) Units

- Anatomy and physiology for exercise
- Know how to support clients who take part in exercise and physical activity
- Health, safety and welfare in a fitness environment
- Principles of exercise, fitness and health
- Planning gym-based exercise
- Instructing gym-based exercise

#### In addition to the above, learners will also need to complete;

- Award in Employment Awareness in Active Leisure and Learning
- Essential Skills in Application of Number
- Essential Skills in Communication where applicable.

**15 Months  
Fully Funded**

# Portal

Leading you  
to where you  
want to be.

## HOW TO APPLY

To take the next step in your journey and request more information or schedule an information session with our advisors, please get in touch:



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