



Fitness Instructor: Level 2

Course Overview:

The Fitness Instructor Course is a meticulously designed three (3) to six (6) month program aimed at aspiring fitness professionals passionate about helping others achieve their health and wellness goals. This course blends theoretical knowledge with extensive practical training, ensuring that graduates are well-prepared to enter the fitness industry with confidence and expertise.

Course Content:

- **Anatomy:** Understand the human body's structure, function and biomechanics to create safe and effective fitness programs.
- **Exercise Physiology:** Learn the principles of kinesiology and exercise physiology to help guide members in a fitness environment towards their goals.
- **Training Principles, Techniques, & Instruction:** Develop the practical skills to guide individuals and groups through fitness programs at various levels and goals with effective communication and mentoring skills.
- **Fundamentals of Nutrition:** Gain insights into guiding nutritional strategies to complement fitness regimens.
- **Health & Safety:** Learn to implement, manage, and conduct health and safety policies and procedures within a fitness or health club environment.

Practical Training:

Engage in strength training, cardiovascular exercises, flexibility routines, and group fitness classes. Learn to safely and effectively use a variety of fitness equipment. Conduct physical readiness screening or assessment activities to support members' pathway to improved wellness.

Real-World Experience:

The course offers practical placements in local gyms and fitness centres to bridge the gap between theory and practice. During these placements, students will apply their knowledge in a real-world setting, receive mentorship from experienced fitness professionals and build a professional network within the fitness industry.

Career Opportunities:

Upon completing the course, graduates will be well-prepared to further their studies towards the Physical IQ: Personal Trainer Certificate or National Certificate in Fitness. One of these additional certifications will open the door to starting a career as a Personal Fitness Trainer.

Enrollment:

Join our Fitness Instructor Course and take the first step towards a fulfilling career in the fitness industry. Whether you aim to work in a gym, start your own business, or specialise in a niche fitness area, this course provides the foundational skills and knowledge to succeed. Start your journey today and positively impact people's lives through fitness and wellness!

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