Sport

Certificate in Gym Instructing

Campus: North Notts College - Worksop Campus
Code: W14AC07
Level: 2

About This Course

Launch your career in the fitness industry by learning how to lead gym floor activities and instruct exercise safely. Through hands-on practice in gym environments, you will gain the confidence to conduct new client inductions, teach fundamental exercise techniques, and deliver structured workout plans. From maintaining safe exercise spaces to offering exceptional customer service, this course gives you the essential qualification needed to enter the leisure workforce or step up to Level 3 Personal training.

What Will I Study?

During this course, you will explore:

Safe usage of gym equipment and risk management
Planning and delivering
gym-based exercise sessions
Adapting activities, monitoring techniques, and
motivating clients
Effective communication and coaching methods
Screening
and inducting new clients
Professional practice within the scope of a gym
instructor

Entry Requirements

To qualify, you will need:

To be aged 16 or over
Readiness to participate in practical fitness activity
A successful short interview or course readiness check (if required)

How To Apply

This qualification prepares you to work as a personal trainer in gyms, health clubs, or as a self employed coach. You build the knowledge and practical skills needed to design and deliver safe, effective training programmes for a range of clients. The qualification covers advanced training principles, client assessment, programme design, and business awareness so you can operate as a professional in the fitness industry.

What Courses Can I Progress Onto?

Upon successful completion, you could progress into courses such as:

Active IQ Level 3 Certificate in Personal Training
Specialist fitness and
exercise qualifications
Further study in sport and physical
activity

Tuition Fees

- Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify .

If you need further advice or
guidance please contact the Enquiries Team on **01909 504500 .**

PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2026/2027. However, we do reserve the right to make changes if necessary.

Last updated: 28th November 2026