Sport

Diploma in Gym Instructing and Personal Training

Campus: Dearne Valley College
Code: D14AC04
Level: 2

About This Course

This course
provides the essential knowledge and practical skills required to work as a qualified gym or fitness instructor. You will learn how to safely plan, deliver and evaluate gym-based exercise sessions for a range of clients. The qualification is designed for individuals who are passionate about health and fitness and want to start a rewarding career in the fitness
industry.

What Will I Study?

During this course, you will study a
range of topics that build a strong foundation for working in a gym or fitness environment, including:

- Principles of anatomy, physiology and fitness

- Health,

safety, and welfare in a fitness environment

- Supporting clients who take part in exercise and physical activity

- Planning and instructing gym-based exercise

- Developing effective communication and customer service skills in fitness settings

Why Study Here?

- Learn from experienced fitness professionals with industry expertise

- Access to fully equipped gym and training facilities

- Gain nationally
  recognised qualifications that meet industry standards (CIMSPA approved)

- Opportunities for work experience
  and progression within the fitness and leisure
  industry

- Supportive
  environment that helps you build confidence and professional
  skill

Entry Requirements

- No formal qualifications are required, but a good level of English and communication skills is essential.
- You should have a keen interest in health, fitness, and exercise.
- A basic level of personal fitness and a willingness to participate in physical activity are expected.

How To Apply

You can apply using our online application form and clicking the **Apply Now** button at the top of this page.

For more information support with your enquiry or application please contact Student Services by emailing learn@dearne-coll.ac.uk or by calling **01709 513333**.

What Courses Can I Progress Onto?

After completing
this course, you can progress to:

- Level 3 Diploma
  in Personal Training

- Level 3 Diploma in Health, Fitness, and Exercise Instruction

- Additional short
  courses such as Circuit Training, Kettlebell Instruction, or Group Exercise Leadership

Tuition Fees

- 16-18 year olds do not need to pay course fees
- Those aged 19 or over may not need to pay fees depending on their circumstances. Find
  out if you qualify for help with fees.

If you need further advice or guidance please contact the Enquiries Team on **01709 513333.**

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 2027-28 However, we do reserve the right to make changes if necessary.

Last updated: 7th November 2026