



Course Start

Course Start is independent learning you need to complete as a fundamental part of your introduction to the course. It should take you approximately 5 hours to complete.

Course Name	Level 2 Gym Instructing
How this Course Start fits into the first term of the course	This Course Start looks specifically at personal skills required to work as a fitness instructor. It allows students to identify personal areas of strength and areas for development that would be beneficial to use when delivering specific practical content as well as applying these skills to written work.
How will my Course Start learning be used in lessons?	This Course Start will be used for students when looking at key skills and characteristics of a fitness instructor and how to use them within a fitness environment. It will also allow them to reflect throughout the course and identify areas of development with specific skills; and how they are using them effectively as an instructor.
Course Start learning objectives	• Demonstrate knowledge and understanding of fitness components and methods. Link to methods and how they would use them in a fitness environment. • Identify personal strengths and areas for development and plan a development plan to focus on bettering themselves • Explain the purpose of a development plan and how this will help set goals to achieve and improve areas for improvement to make them effective as a fitness instructor
Study Skills	• Application of knowledge

Expectations for: Level 2 Gym Instructing

Our specification is: Level 2 Certificate in Gym Instructing

What this course involves
Complete 1 external exam - Anatomy & Physiology
Complete 1 practical assessment - 1:1 interview with a client of your choice
Complete 1 practical assessment - group induction
Complete 1 practical assessment - 1:1 session with a client of your choice
Complete workbooks - unit workbooks to complete throughout the course

Gym Instructing & Personal Training

Introduction task 2026

This is our first chance to get to meet you, and see what your knowledge is like. Please fill out the table with a bit about yourself and your relationship with sport.

Name	
School	
Fitness Experience & Background	HAVE YOU USED A GYM BEFORE? ARE YOU CONFIDENT WITH FIXED WEIGHT MACHINES / FREE-WEIGHTS? ARE YOU A MEMBER OF A GYM? DO YOU GO TO ANY FITNESS CLASSES?
What are you hoping to get from the course?	
Fitness Aims	
Career Aims	WOULD YOU LIKE TO WORK IN THE FITNESS INDUSTRY?

What is Fitness? How do we train it?

Fitness is often defined as being able to ‘meet the demands of your environment’, from being able to effectively carry out everyday tasks to performing successfully in elite sporting challenges, fitness is what makes you able to achieve.

Entering the world of health, fitness, strength and conditioning is the first step towards a potentially exciting career, and the tools to improve yourself as an individual.

It is important to first understand different goals and fitness components you will be working with.

What is meant by each of the following fitness components? What approaches can we use to train this aspect of fitness?

	Definition & Types	Training Methods	Training Variables
Strength			
Aerobic Endurance			
Muscular Endurance			
Flexibility			
Speed			
Power			
Agility			

Skills & Qualities of a Gym Instructor - Self Assessment & Areas to Develop

Consider what are the key skills and personal qualities that you think a gym instructor needs to possess. Choose 6 of these skills and qualities that you think are most important and complete the table below to explain what you mean?

Skills / Qualities	How does this help them to be effective in their practice?

Your personal and professional development plan consists of the following:

TASK 1 - Training needs analysis

You will need to rate how confident you feel about your current skills and highlight any skills you feel you need for the role of fitness instructor. You will need to gain feedback from a peer, colleague or tutor.

TASK 2 - SWOT analysis

You will need to complete a SWOT analysis to highlight areas where you are strong and areas where you are weaker. You will also need to highlight any opportunities you may have and if you foresee any threats.

TASK 3 - Development plan

Based on your findings from tasks 1 and 2, you will need to complete a personal and professional development plan. Your goals must be SMART and include short-, medium- and long-term career goals. You will need to highlight any challenges and how you will overcome them.

TASK 1 - Training Needs Analysis

Training needs analysis			
Learner's name:		Date:	
Below is a selection of skills that are needed to work in most environments and specific skills related to a fitness instructor. Against each one, rate how confident you feel about your current skills.			
Skills	How would you rate your confidence in this area? (Please tick)		
	Very confident	Quite confident	Not confident
Communication – verbal and listening skills (dealing with customers/colleagues by telephone, electronically or face-to-face).			
Problem-solving (handling and resolving customer complaints and work-based issues). Managing administration (paperwork and filing skills).			
Time management (managing time, planning, being effective, efficient, productive and reliable).			
Developing positive working relationships (social skills, the ability to interact with others).			
Having compassion and care for others.			
Attitude (having the right attitude towards work and the organisation you work for).			
Aptitude for learning and development.			
Literacy skills (reading, writing, vocabulary, spelling and comprehension).			
Numeracy (understanding numerical data, statistics and graphs, making decisions and reasoning).			
IT skills.			
Personal exercise technique – the ability to perform a range of exercises with good posture, alignment and technique.			
Observation and correcting skills – the ability to recognise good and bad technique and provide coaching to correct technique, where required.			
Programming skills – the ability to design tailor-made programmes for a range of individuals and their needs and goals.			
Group-management skills – the ability to work with a group of people to ensure they are performing exercise safely, effectively and are motivated throughout.			
Motivational skills – the ability to monitor a client or group of people to achieve their goals...			

TASK 2 - SWOT analysis

Considering the findings from the training needs analysis, complete the SWOT analysis below.

Strengths	Weaknesses
Opportunities	Threats

TASK 3 - Personal and Professional Development Plan

As a result of the SWOT analysis, create some realistic goals for personal and professional development and complete the plan below. Goals may be formal or informal, for example, training, research, guidance or support. Attempt to make goals SMART.

Personal And Professional Development Plan				
Goals – Areas where I need to develop	Actions I need to take to achieve this	Who do I need to help me with this?	Sources of information required & how it can be accessed	Review date
What are the benefits of CPD for self, clients and organisations?				
What contribution would a workplace performance appraisal make to CPD?				