



CYQ Level 2

Fitness Instructing



Your fitness career
starts here!



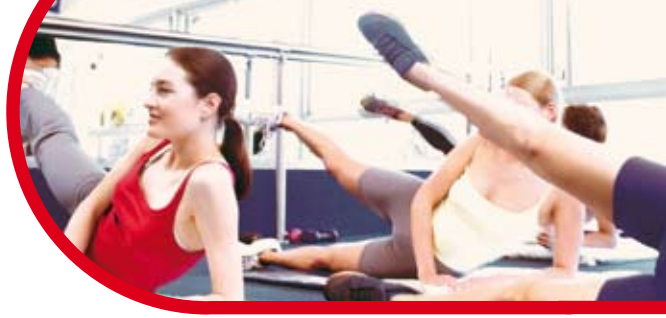
Instruct and inspire

One of the most popular health and fitness qualifications, gaining a CYQ Level 2 Certificate in Fitness Instructing is a great way to start your career in the Health and Fitness industry. It is recognised by The Register of Exercise Professionals (REPs) at Level 2 and widely respected by employers throughout the industry in the UK and abroad.

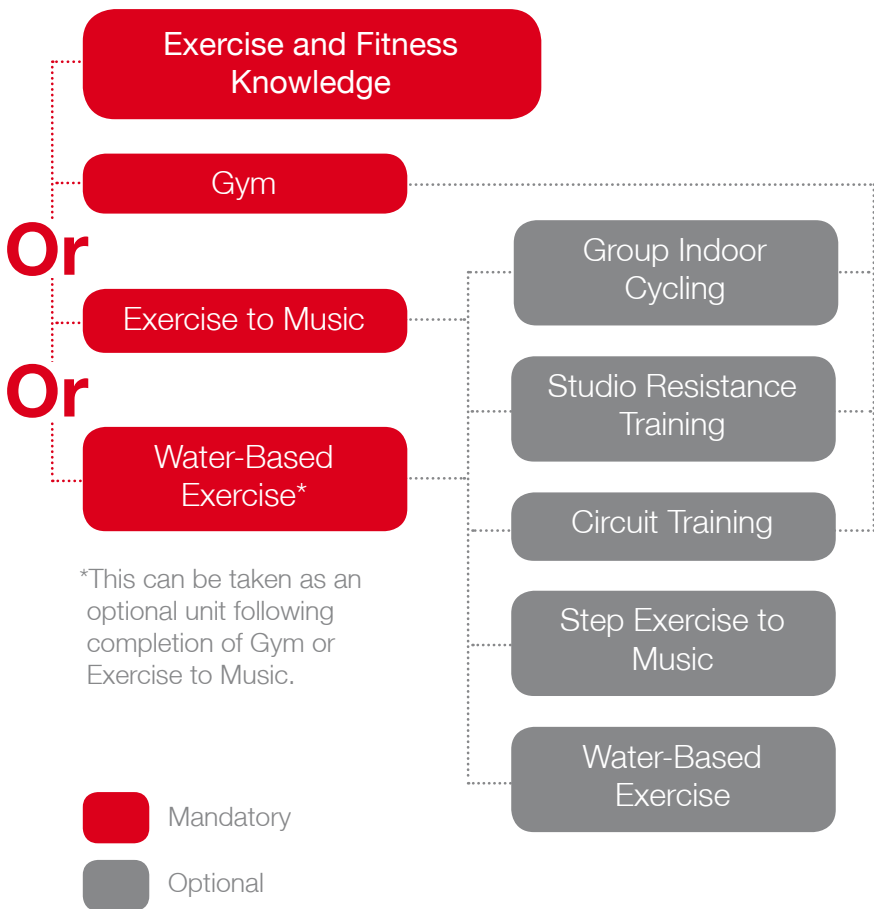
You can choose options in gym, exercise to music (studio instructing), water-based exercise, circuits, step, group indoor cycling and studio resistance training.

If you want to work in a gym as a Fitness Instructor, teach groups as a Studio Instructor, or take a step towards becoming a Personal Trainer, you can get started now by qualifying with a highly respected awarding body and industry expert. Make a CYQ qualification your first choice!





Qualification overview



Mandatory units

Exercise and Fitness Knowledge

This is the foundation of the suite of Level 2 CYQ qualifications. Once you've got the basics, you'll then learn the specifics of your chosen area.

In this unit you'll learn about:

- The concepts of fitness
- Bones and joints
- The muscular system
- The respiratory system
- Energy systems





Gym

A great starting point for those wishing to work in the leisure and fitness industry, in a gym, health club or leisure centre. From here you can progress to a Personal Trainer or further opportunities for development.

Or Exercise to Music

Whether you'd like to instruct aerobics, group cycling or body conditioning classes, Exercise to Music is the underpinning qualification and your gateway to motivating others as part of group exercise.

You'll learn how to work to the beat and phrase of the music, the principles of using choreography and planning and teaching classes.

Or Water-Based Exercise

Choose this option if you wish to deliver water-based exercise sessions. You'll learn about practical water skills, using equipment and delivering water-based circuit classes.

By the end of the qualification, you'll be able to:

- Plan and teach safe, effective gym, exercise to music or water-based exercise sessions
- Have an understanding of the principles of training
- Know how to adapt exercise to suit varied fitness levels and how to use a range of teaching skills
- Understand the body's systems and its response to exercise

Optional units

Once you have your qualification, gaining one of the following optional units is a great way to instantly expand your skills, add variety to your career and increase your earning potential. Complete as part of the initial qualification or, if you're already qualified, as an Instructor. Qualify now! Get a nationally recognised qualification in the following areas:



Circuit Training

Teach dynamic and exciting classes using small equipment and body weight exercises



Step Exercise to Music

Adapt your knowledge and choreography skills to develop challenging Step classes



Water-Based Exercise

Move out of the gym and into the pool to deliver invigorating water-based sessions



Studio Resistance Training

Learn to deliver effective and uplifting body toning classes with or without weights



Group Indoor Cycling

Get in the saddle to teach fun and exhilarating cycling classes

Entry requirements

It is recommended that you have an awareness of using a gym, attending group exercise or cycling, circuits, step, aqua classes or equivalent.

For the optional units an appropriate Level 2 qualification in Fitness Instructing is required.

Study options

Study options may include full-time, part-time and distance/blended learning.

Assessment

Comprises internal and external assessment through a combination of practical, theory and coursework.

What next?

CYQ also offers additional Level 2 qualifications in a number of different areas. This is a good way of broadening experience and potentially increasing your future career prospects.

For example, if you're interested in teaching children, maybe the CYQ Level 2 Certificate in Instructing Health Related Exercise for Children, the only UK qualification in this area which meets OFSTED standards, could be your route to working in this rapidly growing segment of the health and fitness industry.

Or maybe you would like to develop one-to-one training and qualify as a Personal Trainer? CYQ offers a flexible Personal Training qualification that is recognised by REPs at Level 3.

Get qualified now!

The qualification is available through a number of CYQ approved centres. For more information and to find your nearest CYQ centre go to cyq.org.uk



Defining excellence in health and fitness

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