

ADVANCED GYM INSTRUCTOR (LEVEL 3)

COURSE DESCRIPTION

The course will train candidates to plan, instruct and evaluate advanced training sessions using free weights, resistance machines and cardio-vascular [CV] machines for an apparently healthy individual. Building on existing knowledge, this course provides the entry route to the Personal Trainer Award & other specialist qualifications at level 3.

QUALIFICATION GAINED

Central YMCA Qualifications Advanced Gym Instructor Certificate (Level 3). This course is part of the Personal Trainer Award & is recognised by REPS.

ENTRY REQUIREMENTS

Level 2 Gym.

SYLLABUS IN BRIEF

Advanced theory of how the body works & advanced training methods (cardiovascular & resistance training) are covered along with training programmes, goal setting, motivations for exercise & barriers to participation.

The Advanced Gym Instructor course consists of 3 units:

- Exercise & Fitness Knowledge
- Advanced Weight Training
- Advanced Aerobic Training

COURSE FORMAT

- 4 days practical & theory
- Theory assessment (approx 1½ hours)
- ½ day practical assessment

ASSESSMENT

- Externally assessed theory paper (1 hour, multiple choice)
- Internally assessed practical (teach a range of advanced training methods)
- Internally assessed case study & viva

PROGRESSION

- Other advanced instructor qualifications (Level 3)
- Personal Trainer Award