



Fitness Instructor Training Programme (Fast Track)

If you want to work within the fitness industry as a qualified fitness instructor or personal trainer then our Fast Track programme could be for you. You'll gain a variety of qualifications in different aspects of fitness instructing, all within the space of 1 year.

Your Fast Track qualification will include the following courses and qualifications to ensure you have all the skills and knowledge needed:

[YMCA Awards Level 2 Certificate in Fitness Instructing Gym Based Exercise](#)

Gain the skills and knowledge required to plan and prepare gym-based exercise programmes in a safe and effective way for a range of clients. You'll also learn about anatomy and physiology, communicating and motivating clients as well as health and safety in a fitness environment.

Dates: September 2017 - December 2017 (Wednesdays and Thursdays)

[YMCA Awards Level 2 Award in Circuit Training](#)

Learn and understand the skills required to plan and instruct group circuit training sessions.

Dates: January 2018 (5 days attendance over a 2 week period)

[YMCA Level 3 Certificate in Personal Training](#)

Recognise the skills, knowledge and competence required to work unsupervised as a personal trainer. Learn how to communicate the benefits of physical activity and importance of healthy eating to clients. Along with the physical aspect, you'll also learn about nutrition and communicating these principles to a range of clients.

Dates: January 2018 - June 2018 (Wednesdays and Thursdays)

[YMCA Awards Level 2 Certificate in Exercise to Music](#)

Learn how to programme safe and effective exercise sessions for a range of clients. This may include young people in the 14-16 age range (provided they are part of a larger adult group) as well as older adults, ante and postnatal clients and disabled clients.

Dates: January 2018 - May 2018 (1/2 day per week)

For more information, please register your interest by using the 'apply' button below.

Choose from these course options

Course Title	Location	Start	Length
Fitness Instructor Training Programme (Fast Track)	Cornwall College Camborne	06-09-2017	1 year

Key facts

Course title:
Fitness Instructor Training Programme (Fast Track)

Location:
Cornwall College Camborne

Start date:
06-09-2017

Course length:
1 year

To find out more call 0845 22 32 567 or email enquiries@cornwall.ac.uk



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