

# Sport

## Fitness Instructing

**Campus:** North Notts College - Worksop Campus

**Code:** NACSP001

**Level:** 2

### About This Course

This qualification will enable you to work unsupervised as a Gym Instructor to prescribe, plan and deliver safe and effective exercise programmes within a gym or health club environment. You will develop knowledge and skills to provide good levels of customer service and awareness of health and safety in relation to the exercise and fitness environment.

### What Will I Study?

You will study a range of topics including:

- Anatomy and physiology for exercise
- Work with clients to help them to adhere to exercise and physical activity
- Reflect on and develop own practice in providing exercise and physical activity
- Principles of exercise, fitness and health
- Promote health, safety and welfare in active leisure and recreation
- Plan and prepare gym-based exercise
- Instruct and supervise gym-based exercise

### Entry Requirements

- You must be over 19 years to enrol on the course and to be able to work unsupervised in the fitness and health sector
- It is advantageous to have some experience of gym-based exercises, including free weights
- You will be required to participate in a range of gym based physical activities and be able to demonstrate effective communication pitched at Level 2 – this includes discussion, presenting, reading and writing

### 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](mailto:learn@dearne-coll.ac.uk) [mailto:learn@dearne-coll.ac.uk] or by calling **01709 513355**.

## What Courses Can I Progress Onto?

This qualification provides progression to:

- Level 2 qualifications in Instructing Circuits, Exercise to Music, Kettlebells, Studio Cycling and Aqua
- Level 3 qualifications in Personal Training
- Level 3 Certificate in Sports Massage
- Level 3 Diploma in Exercise Referral

## Tuition 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 513355**.

## Additional Information

The course will take place on Fridays 9.00am – 4.30pm.

### 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 2022-23 or 2023-24. However, we do reserve the right to make changes if necessary.

**Last updated:** 31st July 2025