

Level 2 Certificate in Planning and Delivering Gym Based Exercise: Modules

- Maximise the customer experience
 - Customer needs
 - Customer service
 - Customer engagement
 - Customer communication
 - Customer feedback
 - Skills
- Routine maintenance and cleaning
 - Cleaning substances
 - Maintaining safety
- Exercise anatomy and physiology
 - Basic A&P for fitness training
- Consultation and lifestyle management
 - Client consultation process
 - Health screening and risk stratification
 - Client assessment and review process
 - Client induction process
 - Client consultation
- Lifestyle management and client motivation
 - Lifestyle and health promotion
 - Prevention and management of common health conditions
 - Behaviour change and exercise adherence
- Level 2 plan and review gym programmes
 - Plan gym-based exercise programmes
 - List of exercises
 - Programme design
- Level 2 exercise supervision and technique
 - Safety in sessions
 - Key points for sessions
- Level 2 professional practice
 - Conduct and ethics