



Apprenticeship in Fitness Instructing

INTRODUCTION

- This qualification is nationally recognised and prepares you for employment in the Fitness industry. Once you have gained your Apprenticeship in Fitness Instructing you will be able to train people within gym environments and it enables you to study for the Advanced Apprenticeship which will enable you to become a personal trainer.

WHAT WILL I DO

The course consists of several units covering the following topics:

- Exercise and fitness knowledge covering:
 - Bones and joints
 - Muscles and muscle actions
 - Cardiovascular and respiratory systems
- -Components of fitness
- How to plan and teach safe and effective exercise sessions
- The principles of training
- How to adapt exercise to suit varied fitness levels
- How to use a range of teaching skills
- The body's systems and its response to exercise
- Health and safety factors
- How to motivate and support clients

All learners will have a Personal Tutor / Training Adviser who will be responsible for course guidance and general support. The course is based on an assessment structure. You will be continually assessed throughout the course as and when you are ready. Learners are encouraged to work towards assessments within their workplace. Assessments will cover practical applications, written assignments, oral questioning and online tests which will generate a portfolio of evidence. Functional skills are also integral and a required part of the course. These can be gained through:

- Client care
- Reception skills
- Health and Safety
- Contributing to the overall effectiveness of the team
- Making effective use of resources

Functional Skills are practical skills in English, Mathematics and ICT that enables everyone to work confidently, effectively and independently in life and at work.

A Functional Skill qualification in English @ Level 2 will show that you are competent in writing documents on complex subjects, making



presentations, reading and summarising information as well as spelling, punctuation and grammar, in Mathematics @ Level 1 will show you can understand practical problems, select & apply maths in an organised way and use checking procedures, in ICT @ Level 1 or 2 will prove you can use ICT systems, find & select information, develop, present & communicate information.

Functional Skills have been produced as a response to calls from employers for more people to have these skills and they therefore form an integral part of an apprenticeship framework. They are the key to success that will open doors to learning and work.

Delivery of Functional Skills within the framework can happen in two ways:

- a) an apprentice attends day release, their functional skills will be delivered at college on that day.
- b) an apprentice does not attend college for their main qualification, they will need to attend college for a block week for each Functional Skill required for their framework. Dates of these block weeks will be discussed with the apprentice and their employer at sign up and they will be booked in advance.

HOW LONG WILL IT TAKE

Attendance is 1 day per week over 12 months and is available to employed trainees who ideally work four days a week in a gym environment. In addition there will be 12 visits of 3 hours by a college assessor to your workplace.

ENTRY QUALIFICATIONS

Learners should have three GCSE grades A - D, preferably in English, Mathematics and Science. Prospective learners will be judged on their enthusiasm, ability to talk to people, personal presentation, their will to succeed and commitment. Apprentices must be employed, for a minimum of 30 hours a week (including day release) within an environment which offers fitness opportunities. This has to be approved for Health and Safety purposes by the Apprenticeship Team. Employers must be willing to sign up to the training agreement and have to be prepared for the Training Adviser to visit the salon / gym every 8-12 weeks for training reviews and regular health and safety checks.

WHERE COULD IT LEAD

Successful completion should enable you to work in gym related environment as a trainer and advisor. Further study on the advanced apprenticeship could lead to a completion of the level 3 certificate and enable holders to offer their services as personal trainers.

FEES

Employers may have to pay a contribution for those over the age of 19. For more information please enquire within the Apprenticeship Team.

For all Apprenticeships the Learner is required to be paid at least the Apprenticeship minimum wage (Currently £2.50 per hour).

ADDITIONAL INFORMATION

Apprentices are provided with a Training Adviser to help and support throughout the course and the work place and to ensure the students progression.

HOW TO APPLY

You can apply for this course using an application form from WBL Tel: 01205 313 218 or download from www.boston.ac.uk.

The Information on this Course Information Sheet is correct at time of print, but can be subject to change at anytime.



ARE YOU OUR NEXT APPRENTICE? - EARN WHILE YOU LEARN

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