

NCFE Fitness Instructor Course Level 2

This course provides you with the skills and abilities to work as a fitness instructor in a variety of settings. It aims to enhance the status of employees within the fitness industry, while promoting good practice in fitness instruction by working to a common, nationally recognised standard. There are five units in this course: exercise and fitness knowledge, health, safety and professionalism in exercise and fitness instruction, instructing gym-based exercise, instructing exercise to music and instructing water-based exercise.

Course Duration			How will I be assessed			Where do I go from here					Exam Board
3 Months	1 Year	2 Years	Assessment Practical	Assessment Written Exam	Coursework	Level 1	Level 2	Level 3	University	Employment	
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