



Wyke Sixth Form College
Bricknell Avenue
Hull
HU5 4NT

Dear Prospective Student,

As part of your programme of study at Wyke, it is an expectation that every student engages in some form of extra-curricular activity to enrich both your experience as a student and enhance your skillset ready for progression after college. As part of this, the Sport department are offering a brand-new Gym Instructor and Personal Trainer Qualification exclusively for students studying the BTEC Extended Diploma in Sport course from September 2019. The Level 2 Certificate in Gym Instructing is a foundation course, to be studied in the first year, that allows progression to higher level qualifications, but more importantly provides a qualification recognised by employers as a necessity should you be considering a coaching/fitness-based career. An overview of the qualification is as follows:

- **Qualification:** Level 2 Certificate in Gym Instructing
- **Price:** Wyke can offer this qualification at a reduced cost of £250 (industry RRP: £650) for students studying the BTEC Level 3 Extended Diploma in Sport course. Payment plan options include:
 - ✓ **Option 1:** £250 one off payment by end of September 2019
 - ✓ **Option 2:** Instalment option totalling £275 (initial deposit of £125 by end of September 2019, then payment plan of remaining £150 over the year)
- **Structure:** Tuesday 1/2-day session once every two weeks, one year in length. This will be conducted by external lecturers predominantly at Wyke, with some sessions at external gyms local to the college
- **Overview:** This qualification aims to provide learners with the knowledge and skills to be able to plan, deliver and supervise safe and effective exercise programmes within a gym or health club environment. During the qualification learners will cover:
 - ✓ Anatomy, physiology and nutrition and how they relate to exercise and fitness
 - ✓ Health and safety in the fitness environment
 - ✓ The skills to conduct client and group inductions in a gym-based environment and support exercise adherence and a healthy lifestyle
 - ✓ The skills to plan, instruct and supervise safe and effective exercise and physical activity sessions
 - ✓ Professionalism for fitness instructing including personal and professional development, and delivering exceptional customer service
- **Assessment:** Practical assessments, worksheets, multiple choice exam and written assignments
- **Progression:** Level 3 Personal Training qualification (available at Wyke in your 2nd year) and Level 2 specialist qualifications including Kettlebells, Circuits, Studio Cycling and Group Exercise (available at a discount through our external training provider)

If you are interested in taking this qualification, you must express your interest at enrolment so that your timetable can be built around this. On Friday 6th September at 1pm, there will be a lunchtime induction session with more information on the course with the lead lecturer from the qualification provider. In the meantime, if you have any questions, please email: toni.knight@wyke.ac.uk

Best wishes,

Toni Knight
Head of PE, Sport & Dance