

Level 2 Apprenticeship in Instructing Exercise and Fitness

Empower Clients | Plan Safe Programmes | Build a Career in Fitness

This foundation apprenticeship is ideal for individuals who want to start their career in the fitness industry by learning how to deliver safe, effective, and engaging exercise programmes in a gym or fitness environment.

The course equips learners with essential skills to support client wellbeing, promote healthy lifestyles, and operate professionally within the active leisure sector.



About the Apprenticeship

Designed for aspiring gym instructors, personal trainers, and sports coaches, this programme supports new entrants into the health and fitness profession through hands-on training and industry-relevant qualifications.

- **Duration:** Typically 15 months
- **Delivery:** Work-based learning, practical gym instruction, and tutor support
- **End-Point Assessment:** Ongoing practical observation, portfolio development, and knowledge checks

What You Will Learn

- **Planning and Delivering Fitness Programmes** – Gain skills to develop and lead structured gym-based exercise tailored to client needs.
- **Client Engagement and Motivation** – Learn techniques to build rapport, encourage participation, and support long-term fitness goals.
- **Health, Safety, and Professional Standards** – Understand how to operate safely in gym settings and maintain a professional image.
- **Understanding the Fitness Industry** – Explore career pathways and employment expectations in the active leisure sector.
- **Literacy and Numeracy for the Workplace** – Achieve Level 1 Communication and Application of Number (if not previously attained).

Who is it for?

- Aspiring gym instructors and fitness professionals
- School leavers or career changers interested in health and fitness
- Employees in sport, fitness, or leisure roles seeking formal qualification

Career Progression

- Progress into Level 3 Personal Training or Sports Coaching qualifications
- Take on roles such as Fitness Instructor, Group Exercise Leader, or Leisure Assistant
- Build a long-term career in the fitness and wellbeing sector

