

Qualification factsheet

Qualification overview

This qualification is designed for learners who want to work as a Gym Instructor in the sport and physical activity sector.

This qualification is a pre-requisite for Level 3 Personal Training qualifications.

Qualification title	NCFE Active IQ Level 2 Certificate in Gym Instructing		
Qualification number (QN)	603/3931/7		
Total qualification time (TQT):	185	Guided learning hours (GL)	130
Entry requirements:	Learners should be aged 16 or above to undertake this qualification. This qualification is designed for learners who want to work as a Gym Instructor in the sport and physical activity sector.		

About this qualification

This qualification is designed to provide the knowledge, understanding and practical skills needed to work as a Gym Instructor in the sport and physical activity sector.

The objectives of this qualification are for learners to:

- demonstrate the knowledge, understanding and practical skills needed to work as a Gym Instructor
- develop skills and knowledge in a range of areas relevant to their role, such as:
 - the principles of working in the gym environment, including customer service and how to maintain health, safety and welfare
 - anatomy and physiology
 - how to conduct consultations and promote the health benefits of physical activity
 - how to communicate effectively and motivate clients to adhere to an exercise programme
 - how to plan and prepare a gym-based exercise programme.

Qualification structure

To be awarded this qualification, learners are required to successfully complete 6 mandatory units.

Mandatory units

Unit 01 Anatomy and physiology for exercise (T/617/4001)
Unit 02 Maximising the customer experience in a gym environment (A/617/4002)
Unit 03 Supporting client health and well-being (D/617/4008)
Unit 04 Conducting client consultations and gym inductions (F/617/4003)
Unit 05 Planning and reviewing gym-based exercise programmes (R/617/4006)
Unit 06 Instructing and supervising gym-based exercise programmes (Y/617/4007)

Assessment

The NCFE Active IQ Level 2 Certificate in Gym Instructing is a skills and knowledge-based qualification which is internally assessed.

Progression opportunities

Learners who achieve this qualification could progress to:

- Level 3 Diploma in Personal Training
- Level 3 Sport and Physical Activity qualifications
- Level 3 Diploma in Exercise Referral
- Level 3 Diploma in Increasing Participation in Sport and Active Leisure in Community Settings
- Level 3 Diploma in Sport
- Level 3 Diploma in Sports Massage Therapy
- Apprenticeship in Personal Training



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Version 1.1 November 2026

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