

THE SWEAT. THE TIME
THE DEVOTION.
IT PAYS OFF



THE FITNESS GROUP

THE ULTIMATE LEVEL 2 GYM INSTRUCTOR BLUEPRINT SUPPORT GUIDE 2022



WELCOME TO THE FITNESS GROUP

Firstly, allow us to thank you and welcome you to The Fitness Group.

We have produced this guide as a blueprint to help you complete your Level 2 Gym Instructor qualification successfully.

This your first step into a career in the fitness industry.

The aim of the qualification to educate you to a professionally competent level to deliver safe and effective exercise programmes as a Gym Instructor.

This Level 2 Fitness Instructor Course will provide you with the ability to gain employment in a Gym in UK or Internationally.

The course is made up of 5 key areas that you will be assessed on throughout your journey.

- Principles of Anatomy and Physiology of Fitness
- Professionalism and Customer Care for Fitness Instructors
- Health and Safety in the Fitness Environment
- Client Consultations to Support
- Positive Behaviour Change
- Planning and Instructing Gym-Based Exercise

I wish you all the best on your course.

Good luck!

Steven Dick

Steven Dick
Director



A man with a beard and long hair tied back, wearing a black hoodie and black leggings, stands in a gym holding a barbell with two 15kg yellow weights. He is looking down at the barbell. The background shows a gym setting with framed pictures on the wall.

LET'S GET STARTED

Before you begin
you should have:

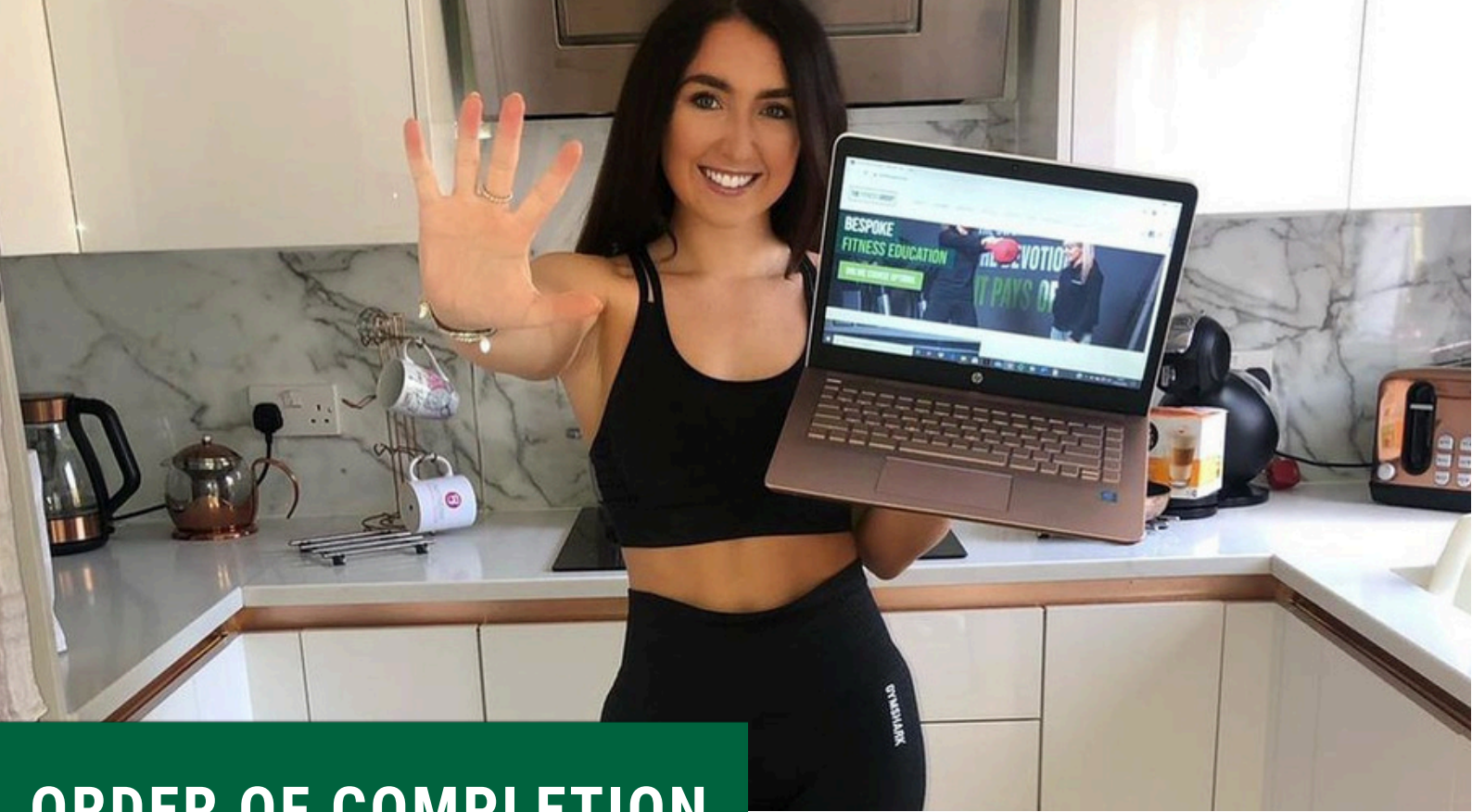
1. Access to E-manual - this is contained within The Fitness Group Learning Portal. The e-manual contains educational content for every unit and every section within the qualification.

2. Tutor Recorded Webinars - Within our Learning Platform you will find a webinar recorded by one of our expert tutors on every section of the qualification.

3. Your LAP and all associated coursework handouts that you'll complete, you can download these from within the learning platform.

Throughout the course you complete and be assessed on:

- 5 x Worksheets within the LAP
- 1 x Poster
- 1 x Multiple Choice Theory Exam – Anatomy, Physiology & The Principles of Fitness
- Written Client Interview and Written Programme Card
- 3 x Practical Assessments – 1 x Client Consultation, 1 x 1-2-1 Gym Session and 1 x Group Induction



ORDER OF COMPLETION

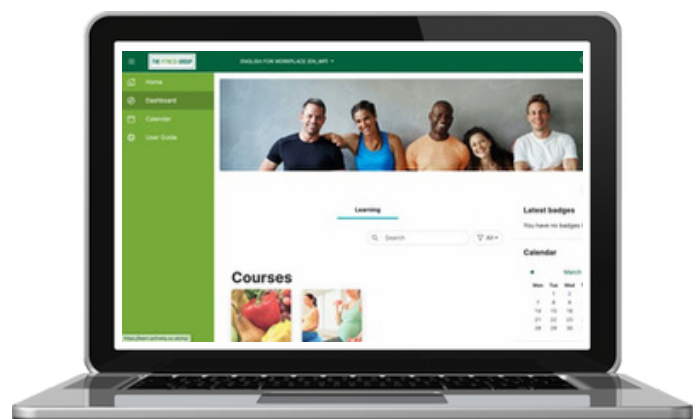
Before going into each section specifically, here is a suggested order of completion to help you stay organised and on track:

- ✓ LAP Worksheets 1–5 (inclusive of page 27)
- ✓ Healthy Lifestyles Poster (page 28)
- ✓ Client Interview Video
- ✓ Client Consultation Card
- ✓ Programme Card
- ✓ 1-2-1 Practical Assessment Video
- ✓ Self-Evaluation Worksheet
- ✓ Group Induction Practical Video
- ✓ Theory Exam

While we suggest working through your course in these stages, you do not need to wait for tutor feedback before continuing with your next tasks. You're encouraged to progress at your own pace.

If any resubmissions are required, your tutor will guide you, but continuing your learning in the meantime won't affect your progress.

 **Tip:** Submit your work in logical chunks – this helps your tutor review it more efficiently and supports a smoother journey to certification.





WORKSHEET SUPPORT

Here is some specific guidance for each of the worksheets inside the LAP:

Worksheet 1: Professionalism and customer care: This is the orange section of the manual and all information for this worksheet can be found here.

Worksheet 2: Professional and personal development plan. This is also covered in the orange section of the manual

Worksheet 3: Health and safety. This focuses on the green section of the manual

Worksheet 4: Risk assessment. This is also covered by the green section

Worksheet 5: Supporting client consultations. This is covered by the blue section of the manual.

Please use both the recorded webinars and our e-manual to support your learning and completion of these worksheets.

HEALTHY LIFESTYLES POSTER ASSIGNMENT

On Page 28 of the LAP you have a task to create a poster using the brief and marking syllabus.

The information can be found in the blue section of the manual and the marking syllabus points toward the following layout:

- One section on the benefits of a healthy lifestyle
- One section on the risks of an unhealthy lifestyle
- One section on the current prevalence of obesity in the UK
- One last section on the risks of being overweight/obese.

Each section should have a minimum of 3 points and the poster requires a source URL as well.

You're more than welcome to use any software to create this poster including Canva, please ensure that you download the poster as a PDF and submit rather than a link to your work.

Please use both the recorded webinars and our e-manual to support your learning and completion of these worksheets.



CLIENT CONSULTATION



Here is some specific guidance for your client consultation video and interview template:

Your next task is to complete the Client Interview Video, where you'll simulate a first meeting with your client. This should feel natural, even though you're using your interview template as a guide.

📹 Please ensure you follow the Active IQ digital recording guidelines, including:

- Showing your photo ID at the start
- Giving your name and date of birth
- Ensuring both you and the client remain in frame throughout.

Once this video is complete, you can then complete your Client Consultation Card, using insights gathered from your interview. This order is important, as tutors need to see your video before they can mark your card.

You do not need to wait for tutor feedback between these two – completing both and submitting them together is perfectly fine and will speed up the marking process.

All templates and guidelines are available in the learning portal. Reach out to your tutor if you have any questions.

PROGRAMME CARD

Once you have obtained suitable goals from your client during the consultation, it is time to design their programme.

The session should be designed to last 45-60 minutes using a safe and effective session structure.

The session plan **MUST** include:

A suitable CV warm up and preparatory stretch (5 x Dynamic stretches)

A suitable main workout which include;

- 1 x CV Component
- 2 x Resistance Machine Exercise
- 2 x Free Weight Exercise
- 1 x Bodyweight Exercise
- 1 x Functional Exercise

A suitable CV cool down and appropriate stretches including maintenance stretches and at least 1 developmental stretch

Planned adaptations and modifications to regress, progress and accommodate client needs

Please use both the recorded webinars and our e-manual to support your learning and completion of these worksheets.





1-2-1 ASSESSMENT

Here is some specific guidance for your 1-2-1 session assessment:

It is now time to film your 1-2-1 practical assessment, you will find the marking scheme for this on page 34 of the LAP.

This is the marking syllabus we will use to mark your submission, so it will cover all the points you need.

The layout of the exam will be:

- Introduction
- Warm up CV (5 mins)
- Dynamic Stretch
- Main CV (10 mins)
- All Programmed Exercises
- Cool Down CV (5mins)
- Maintenance & Developmental Stretches
- Conclusion

Your submission needs to follow the **Active IQ Digital Recording Guidelines**. You must show your photo ID at the start along with giving your name and date of birth. The video needs to be one full take with no cuts or edits. You and your client must be in camera shot at all times during parts of the assessment.

Please note the above points are not exhaustive and you must read the recording guidelines before filming!

SELF-EVALUATION

Here is some specific guidance for your self-evaluation:

Self-reflection is vital to any professional development, fitness instructing is no different.

Once you have completed your 1-2-1 practical assessment, you are required to complete the self-evaluation worksheet on page 36 of your LAP.

This should be pretty straight forward and should be your own true reflection of your assessment.

Once you have completed this we require you to submit your 1-2-1 video along with your self-evaluation.

We recommend using Google Drive to upload the video, please contact us if you have any issues sending this to us

Please send the relevant link or files to your assigned tutor and they will assess this for you and feedback accordingly.

If you are unsure on anything with your 1-2-1 assessment or the self-evaluation form please reach out to your assigned tutor.





GROUP INDUCTION

Here is some specific guidance for your Group Induction assessment:

The next practical exam (and last thing in level 2) is the group induction, you will find the marking scheme for this on page 40 of the LAP. For this exam, you need a group of a minimum of three people, and you are doing a basic induction in which you will need to cover:

Introduction

Warm Up (Group Warm Up for 5 mins, including 5 Dynamic Stretch)

1 x CV machine

1 x Resistance Machine

1 Free Weight Spotted Exercise (Bench Press, DB Fly, Squats, etc)

1 x Deadlift

1 x Body Weight Exercise

1 x Functional Equipment Exercise

Cool Down CV and Static Stretches

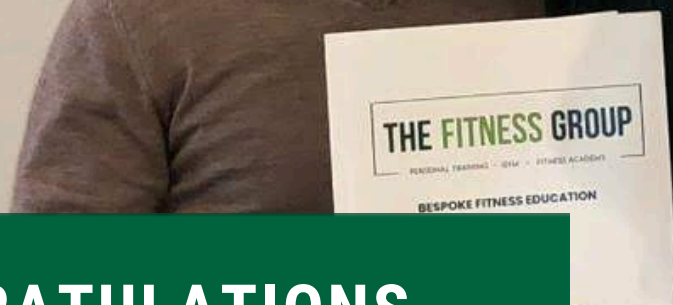
Conclusion

For each exercise you need to demo and explain each exercise/piece of equipment and then get one member of the group to try it while you correct form or give any additional teaching points (no specific sets/reps/time).

This exam, also needs to follow the **Active IQ Digital Recording Guidelines.**

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PERSONAL TRAINING • GYM • FITNESS ACADEMY



CONGRATULATIONS

Well done!

You have reached the end of your Level 2 Gym Instructor Course.

Please refer back to the sections previous to double check you have submitted all of your work.

Now you have sent all of your work to your assigned tutor, your qualification will go through our certification process.

To maintain our high standards all of our students work goes through our Internal Quality Assurance sampling process.

On occasion, work is requested by the External Quality Assurance team at Active IQ following our IQA process.

Once we have had the green light on your course work your certificate is then released to the team at Head Office and we will send it out to you.

Please be aware that this entire process can take around 8 weeks.

Please Note - If you have booked the Full Level 3 Diploma in Gym Instructing & Personal Training Certificates are processed upon completion of both levels

We would love it once you receive your certificate you send us a selfie of you holding your certificate, also post it on social media (Don't forget to tag us too) and we will re-share it.

We pride ourselves on providing 5 star service to our students and to maintain that we ask you to leave us a 5 Star Trust Pilot Review, please [click here to leave us your review.](#)



THE FITNESS GROUP

STAY CONNECTED



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