



Get fit for a career in **Fitness**

NextStep >>>
Pre-Apprenticeship qualifications for school leavers

YMCA Awards Level 2 Certificate in Instructing Fitness

A **1 year study programme**
aimed at 16-18 year olds
interested in a career in
Fitness

Course starts **week commencing**
5th September 2022

Courses cover...

- | Anatomy and Physiology for Exercise
- | Principles of Exercise Fitness and Health
- | Know How to Support Clients Who Take Part in Exercise and Physical Activity
- | Planning Gym-Based Exercise
- | Instructing Gym-Based Exercise
- | Health, Safety and Welfare in a Fitness Environment
- | English & Maths
- | Employability Skills

For further information call 01362 850983
or email enquiries@poultec.co.uk

