



NVQ Level 2 in Exercise and Fitness

This nationally recognized qualification will give you the authority to instruct people professionally in exercise and fitness techniques. The benefits of this are clear:

- Enjoy the job satisfaction of being your own boss
- Earn money whilst doing something you enjoy
- Manage your own workload and earning potential
- Become an expert in exercise and fitness
- Help people to change their lifestyles

The course is run by the Military Preparation College, in partnership with British Military Fitness UK. The programme is split into 2 weekends

The first weekend is gymnasium based and runs over 2 days. You will gain underpinning knowledge on the basics of instruction, take part in the first of 3 observations and obtain a distance learning pack. The second weekend runs over three days, and is a combination of gymnasium and outdoor work, giving you the skills and confidence to successfully plan and run group sessions.

This is an exceptional opportunity to enjoy all the benefits of being a qualified exercise and fitness instructor. The cost of the course is £695, with a deposit of £100 required.

Easy-payment schemes may be possible – please contact us for further details.

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City & Guilds

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