

YMCA Certificate in Strength and Conditioning Level 2



In a nutshell

The aim of this qualification is to develop the knowledge and skills of learners so they can engage, facilitate, educate and support clients in a strength and conditioning environment.

This course is for you if...

You wish to perform competently as a Level 2 Strength and Conditioning Trainer in either a Sports Club or Gym environment.

What will I be doing?

The aim of this qualification is to develop the knowledge and skills of learners so they can engage, facilitate, educate and support clients in a strength and conditioning environment. On successful completion of this qualification learners will be able to seek employment and perform competently as a Level 2 Strength and Conditioning Trainer.

Overview of knowledge, skills and understanding

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Principles of working in the strength and conditioning environment. This includes customer service and how to maintain health, safety and welfare.

How to conduct consultations and promote the health benefits of physical activity and strength and conditioning.

How to communicate with clients effectively and motivate clients to adhere to a strength and conditioning exercise programme.

The skills and knowledge required to plan and prepare a strength and conditioning based exercise programme with apparently healthy adults (both individuals and groups). This may include older adults (50 plus) and young people in the 11-18 age range, provided they are part of a larger adult group.

What is expected of me?

Ideally you should have some experience of strength and conditioning based exercises from a sport specific perspective or through personal practice and should have a certain amount of physical fitness.

What comes next?

This qualification can lead to employment as a Strength and Conditioning Trainer within a fitness/sports or other relevant facility.

The qualification can also lead to further training at the same and higher levels in, for example:

YMCA Level 3 Award

[in Programming and Supervising Exercise with Disabled Clients](#)

YMCA Level 3 Diploma in Fitness Instructing Personal Training and Circuits

YMCA Level 4 Certificate in Strength and Conditioning

Additional information

This will be run over 14 weeks with a mixture of in person and remote learning.

In person workshops will take place on a Saturday with remote learning accessible at a time to suit you.

Learners will be given the opportunity to evidence work in their own sporting environment to



COURSE INFORMATION LEAFLET

support attainment of this qualification.

Apply online at www.coleggwent.ac.uk

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