

Active IQ Gym Instruction

Commencing January 08

FREE part time Vocational Training in Health and Fitness and Personal Gym Instruction.

The course is designed to enable you to work in the health and fitness industry.

Topics covered include:

- Components of fitness,
- Basic Exercise Anatomy and Physiology
- Gym Instructor Planning, Machine Weights
 - Instruction and Techniques
 - Exercise Safety Considerations.

You will also receive practical training with a local Leisure Centre or Health and Fitness Centre

Work towards the Level 2 Active IQ Certificate in Gym Instruction

12 week programme for people who are interested in becoming fitness trainers/gym instructors. A very useful qualification for those involved in coaching a sport

For further details contact Brendan Rafferty at 028 90 320506
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