

YMCA Awards Progression Routes:

Level 1 Courses:
Award in Body Image and the Relationship to Wellbeing
Award in Introduction to Lifestyle Management
Award in Introduction to Personal Wellbeing

Level 2 Courses:
Certificate in Fitness Instructing - Gym-Based Exercise
Award in Circuit Training**
Award in Introductory Work in the Outdoors
Award in Studio Resistance Training **
Award in Nutrition for Healthy Living
Award in Walk Leading
Certificate in Fitness Instructing - Exercise to Music
Certificate in Fitness Instructing - Exercise and Physical Activity for Children

Level 3 Courses:
Certificate in Personal Training **
Certificate in Sports Massage
Award in Adapting Exercise for Independently Active, Older People **
Award in Instructing Outdoor Fitness **
Award in Nutrition for Physical Activity **
Award in Programming and Supervising Exercise with Disabled Clients **

Key:

**Need level 2 Gym or equivalent as a prerequisite