Level 2 Gym Instructor ONLINE course

ASSESSMENT 2

Y-Mark Assessment Workbook  
You will need to complete an online Assessment Workbook, which you can access via your elearning platform login. This is a combined assessment element, covering more than one unit. There are three sections to the Assessment Workbook. Each section of the workbook assesses the knowledge required for each unit identified below.

* Anatomy & physiology for exercise and fitness instructors,
* Providing a positive customer experience in the exercise environment
* Lifestyle and health awareness management

Please use the relevant elearning modules and presentations to revise and prepare to complete this workbook.  
  
All questions must be answered correctly but you get unlimited attempts. This is an open book assessment, but work must be your own, and the questions refer to the content covered on the elearning modules.   
  
This workbook can be completed at any time over the duration of your 12 month course.

**USEFUL INFORMATION/LINKS**

Course Page – <http://www.fit4training.com/gym-online-resources>

Facebook Group – [www.facebook.com/groups/fit4trainingstudysupport](http://www.facebook.com/groups/fit4trainingstudysupport)

Access elearning platform - <https://elearning.ymca.co.uk/cyq/login/index.php>

Student Support – Martin Brown [martin@fit4training.com](mailto:martin@fit4training.com)

Administration/general queries only relating exams, payments, resources, certificates.

Tutor/Assessor – Becky Owen [becky@fit4training.com](mailto:becky@fit4training.com)

Assessment/course content support

Book an Assessment – [www.fit4training.com/book-an-assessment](http://www.fit4training.com/book-an-assessment)

Invigilator Approval – [www.fit4training.com/invigilator-approval](http://www.fit4training.com/invigilator-approval)

Submit Coursework – [www.fit4training.com/submit-coursework](http://www.fit4training.com/submit-coursework)