

LEVEL 2 INSTRUCTING STRENGTH & CONDITIONING

The Level 2 Strength and Conditioning course is an industry-relevant qualification designed to develop the practical skills needed to coach performance-based training. It focuses on both session delivery and programme design, giving you a well-rounded foundation in strength and conditioning.

Designed for those looking to enhance their coaching ability or support athletic performance, this course equips learners to deliver structured, effective training sessions across a range of settings.

You'll build the knowledge, confidence and real-world coaching experience needed to develop strength, power, speed, agility, and endurance in your clients.



Who is the course for?

This course is ideal for anyone looking to develop practical coaching skills or take their first step into the fitness industry. Whether you're starting from scratch or already involved in fitness or sport, this qualification provides a strong foundation in strength and conditioning coaching and delivering structured training sessions confidently.



Programme structure

- **Duration:** 2 sessions
- **Delivery:** Classroom-based learning with practical gym sessions
- **Study Format:** Full in-person attendance

You'll learn in a supportive group environment with experienced tutors, ensuring learning is practical, current, and relevant.



COURSE OVERVIEW

What you'll learn

Combining practical coaching with applied programming knowledge, you'll learn how to coach safely and confidently in fitness and performance environments.

Delivered across 2 days, the course covers:

- Strength, power, speed, agility, and endurance training
- Coaching and session delivery skills
- Programming and periodisation
- Sport-specific training and needs analysis

By the end of the course, you'll feel confident delivering safe, structured strength and conditioning sessions.

Progression

Upon successful completion, you will achieve a VTCT Skills Level 2 Award in Instructing Strength and Conditioning Sessions, enabling you to:

- Deliver strength and conditioning sessions within gym environments
- Support clients with performance-focused training
- Progress onto higher-level qualifications in Personal Training or Strength & Conditioning

The demand for knowledgeable fitness professionals continues to grow as more people focus on improving performance, strength, fitness, and overall wellbeing. From gym-goers and sports enthusiasts to aspiring athletes, there is increasing demand for coaches who can deliver structured, effective training - creating a wide range of exciting career and progression opportunities within the fitness industry.

COST & PAYMENT OPTIONS

Course Cost: £349

Payment Options:

We offer flexible payment options to make this course accessible:

1. Pay in full and receive a **10% discount**
2. **Flexible payment plan:** secure your place with a deposit, then spread the remaining balance across two instalments before the course starts



Why Our Courses Are 100% In Person

At Bright Direction Training, we believe the best trainers are developed through real interaction, real coaching, and real practice.

Benefits of in-person learning include:

- Hands-on coaching experience in a gym environment
- Immediate feedback on technique, cueing, and client interaction
- Greater confidence working with real people, not just theory
- Strong peer support and motivation
- Better preparation for real gym and client settings

Fitness is a practical career. Learning face-to-face ensures you leave fully prepared, not just qualified.



WHY USE BDT FOR YOUR COURSE?

Delivered 100% In Person - Learn by Doing

Unlike many strength and conditioning courses, our course is fully classroom and gym-based, giving you hands-on experience from day one. You won't be left learning online alone - you'll practise real coaching skills in a supportive environment, building confidence quickly and effectively.

Supportive Learning Environment from Start to Finish

We focus on building your confidence as well as your knowledge. With small group delivery, hands-on guidance, and ongoing tutor support, you'll never feel left behind and will be supported every step of the way.

Learn from Experienced Strength & Conditioning Coaches

Our tutors have real industry experience in strength and conditioning and fitness coaching. They bring practical knowledge into every session, helping you understand not just what to do, but how to coach effectively in real-world environments.

Industry-Recognised Qualification to Start Your Fitness Career

Delivered through VTCT Skills and regulated by Ofqual, this qualification is widely recognised within the UK fitness industry. It gives you a trusted starting point to begin working in gym environments or progress into personal training and higher-level courses.

Scan the QR code to view upcoming course dates, learn more, and secure your place



**DEVELOP STRENGTH,
IMPROVE PERFORMANCE, & COACH EFFECTIVELY**