



## SUMMER BRIDGING WORK 2025

Summer Bridging Work is an important part of your transition to Wilberforce Sixth Form College. This piece of work will count towards your effort grade. Please complete your summer bridging work in time for the start of term.

**You are required to bring evidence in either paper format/electronically and hand this into your subject teacher during your first lesson.**

### Gym Instructor course Level 2

**OVERVIEW OF SUBJECT** – Welcome to the Next Step in Your Fitness Journey – Level 2 Gym Instructor Course!

Get ready to turn your passion for fitness into real, life-changing impact! The Level 2 Gym Instructor Course is your launchpad into the thriving world of health and fitness — whether you're looking to inspire others, build a career in the industry, or simply deepen your understanding of exercise and the human body.

In this dynamic, hands-on course, you'll gain the practical skills and scientific knowledge needed to confidently lead clients through safe, effective, and engaging gym-based workouts. From a Anatomy and Physiology to program design and client interaction, every module is designed to fuel your confidence, competence, and career potential.

This is more than a qualification — it's your first step toward becoming a motivating force in people's lives. Are you ready to lead, inspire, and change peoples lives, then this course is for you.

**ENTRY CRITERIA** – Minimum of 4 – 9-4 grades, must have a grade 4 in either Biology, GCSE PE or have studied sport at school. This is due to the mandatory Anatomy and Physiology exam.

**LITERACY TASK** – Design a 6-week training programme for either an elderly client or an upcoming athlete. This needs to include a warmup, main session and a cool down. Use reps and set, recovery times and it must show progression over the 6-week period.

**Numeracy task –**

**Scenario:**

You're designing a workout program for a client who wants to lose weight and improve cardiovascular fitness. The client weighs 85 kg and wants to lose 5 kg over the next 6 weeks.

**Task Questions:**

**1. Calories and weight loss:**

It takes approximately 7,700 calories to burn 1 kg of fat.

- How many total calories does the client need to burn to lose 5 kg?
- How many calories per week and per day would they need to burn to achieve this goal in 6 weeks?

**2. Treadmill session calculation:**

A treadmill workout burns approximately 8.5 calories per minute.

- How many minutes would the client need to spend on the treadmill daily to meet the daily calorie target from question 1?

**3. Heart Rate Zones**

The formula to estimate maximum heart rate is  $220 - \text{age}$

The client is 32 years old.

- What is their estimated maximum heart rate?
- What is 60% and 80% of this value (the typical aerobic training zone)?

#### 4. Resistance Training Load:

During a leg press, the client lifts 120kg for 3 sets of 12 reps.

- What is the total volume lifted in one session?
- If they increase the weight by 10%, what is the new weight?

- **PROGRESSION OPPORTUNITIES** – Personal Trainer - Level 3 Diploma in Personal Training, Level 3 Certificate in Personal Training. Level 3 Diploma in Personal Training and Business Skills for Fitness Professionals. Level 3 Diploma in Exercise Referral.

Below we have listed four careers linked to [Insert subject/course]. You are tasked to research the four careers, choose one that most appeals to you and write a 200-word essay as to why you feel this career would be most suited to you.

Kind regards

Adam Bolder

**Faculty Head for Sport and Uniformed Services**

If you have any queries regarding your Summer Bridging Work, please contact me via email [apb@wilberforce.ac.uk](mailto:apb@wilberforce.ac.uk) I will aim to respond before your enrolment appointment.