



# THE UNIVERSITY *of* EDINBURGH

## Edinburgh Award (Sport & Exercise Gym Instructors)

This award is given to students whom the University has recognised for actively working to maximise their impact and excel as a Gym Instructor. These students have gained experience working in a busy gym facility, enhanced their skills through fitness masterclasses and mentored the Gym Assistants, ensuring exceptional levels of engagement in the gyms.

In successfully completing the Edinburgh Award, these students will have been helped to:

- increase awareness of their strengths
- make the most of their strengths, identify areas for development, and work on a plan to develop these skills
- confidently demonstrate what they have to offer to others
- achieve a positive and lasting impact
- look not only at their role as a Gym Instructor, but also to capitalise on their experiences elsewhere to inform and enhance their role as an instructor, and vice versa