



Awarding body: Active IQ

Duration: 2 days

Aimed at

This course is suitable for those who already have knowledge and skills in gym or exercise to music instruction, who are looking to broaden their skills to include instructing group sessions in circuit training sessions.

Course description & subjects covered

This course will develop your ability to plan and deliver safe and effective circuit training sessions.

Assessment

This course includes a practical assessment.

Entry requirements

Learners must hold a suitable Level 2 Fitness Instructing qualification. Some experience of circuit training is useful but not essential. As the course requires physical exertion and individual participation, a degree of physical fitness is necessary.

There is also an element of communication (discussing, presenting, reading and writing) involved, so learners should have basic skills in communication.

Candidates required to provide

NA

Cost

£125.00



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