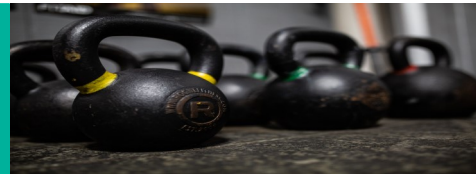


Kettlebell Instructor



Awarding body: Active IQ

Duration: 1 day

Aimed at

This course is suitable for those who already have knowledge and skills in fitness instruction, looking to broaden their knowledge and skills to include instructing kettlebell sessions.

Course description & subjects covered

This course will provide learners with the knowledge to be able to understand the principles of kettlebell instruction, along with the knowledge and skills to be able to instruct kettlebell classes.

Assessment

This course includes a practical assessment.

Entry requirements

Learners must hold a suitable Level 2 Fitness Instructing qualification. Some experience of kettlebell 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, learners should have basic skills in communication.

Candidates required to provide

NA

Cost

£110.00

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