

YMCA Award in Group Exercise Instructing - Circuit Training Level 2



In a nutshell

The aim of this qualification is to enable learners to professionally plan and instruct Group Circuit Training sessions that are safe and effective within a fitness environment.

Learners will develop knowledge, skills and behaviours to become a group exercise instructor within context, meeting industry requirements set out within the CIMSPA professional standard.

This course is for...

... learners who are already working in the fitness sector but would like to gain new skills

... those who want to 'top up' existing knowledge and skills to meet CIMSPA Core Group Exercise Instructor professional standard.



COURSE INFORMATION LEAFLET

Course content

Learners will develop the knowledge, skills and behaviours to become a group exercise instructor in Circuit Training. They will meet industry requirements set out within the CIMSPA core group exercise professional standard.

For the YMCA Level 2 Award in Group Exercise Instructing: Circuit Training, learners must achieve 2 mandatory units:

Principles of planning and delivering group exercise
Plan and deliver group circuit training

The course covers a range of knowledge and skills specific to circuit training:

Knowledge and understanding:

Methods of collecting participant information
Principles of screening participants prior to exercise including the physical activity readiness questionnaire (PAR-Q)
How to use participant information to help with planning safe and effective group circuit training sessions
How to use music to enhance group circuit training sessions
Fundamentals of sports massage treatments

Skills:

Assessment and screening of participants
Preparing yourself, the equipment and the environment for group circuit training sessions
Instructing group circuit training sessions
Evaluating your own performance

You'll be assessed through a practical assessment and theory portfolio of evidence.

On successful completion you could progress on to the:

Level 3 Personal Training qualification
Level 2 Group Cycling
Level 2 Exercise to Music
Level 2 Exercise and Physical Activity for Children
A job in the fitness industry

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COURSE INFORMATION LEAFLET

Entry Requirements

The following mandatory units are required prior to undertaking the course:

Anatomy and physiology for exercise and fitness instructors
Providing a positive customer experience in the exercise environment
Lifestyle management and health awareness

Additional information

Learners must be 19 plus and have experience of participating in exercise through personal practice as participation in group sessions will be mandatory.

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