

## YMCA Award in Group Exercise Instructing - Step Exercise To Music Level 2



### In a nutshell

This course is a great addition to your fitness qualification portfolio. Pick up new ideas of how you can add extra variety to your group based exercise sessions and add that 'wow' factor to your sessions with step exercise to music.

### This course is for...

... individuals wishing to design and deliver safe and effective step exercise to music sessions

... anyone who has a passion for teaching group based exercise and enjoys teaching to the beat and phrase of the music.

### Course content

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



## COURSE INFORMATION LEAFLET

group exercise professional standard. For the YMCA Level 2 Award in Group Exercise Instructing: Step Exercise to Music, learners must achieve 2 mandatory units:

Principles of planning and delivering group exercise  
Plan and deliver group water-based exercise

This course is endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

In this course, you'll cover:

How to design and teach safe and effective step exercise to music sessions  
The principles of warm up, the aerobic curve and cool down  
Working to music  
Motivating participants  
A variety of group teaching skills  
How to respond to health and safety issues.

You'll be assessed through coursework and practical assessment.

### Entry Requirements

You must have achieved the Level 2 Certificate in Fitness Instructing for entry to this course or previous completion of the following mandatory units:

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

### Additional information

Accreditation: 16 REPs CPD points.

Progression: On completion of this course, you can go on to study YMCA Level 2 Award in Studio Resistance Training.

Apply online at [www.coleggwent.ac.uk](http://www.coleggwent.ac.uk)

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