



Day:	Weekends
Time:	930-430pm
Dates:	10th, 11th, 17th and 25th March 2012
Numbers:	Minimum 8, Maximum 14
Course Level and Title:	Level 2 Award in Instructing Circuits
Course Fee:	£210. The course includes an assessment fee. Reassessment will be charged at £50.
Tutor:	Mark Sillett

Who is the Course for?

Do I need any prior experience? You must already hold a Level 2 Fitness Instructor Qualification.

Will I need an Interview? No

What could I do next? This course means you can work for yourself if you wish as a Group exercise instructor.

What are the aims of the course?

What topics will I cover?

- Group Exercise Classes
- Warm Ups and Cool downs
- Communication
- Variety of Exercises
- Progressions and Adaptations
- Use of music



What will the sessions consist of?

The tutor is a qualified Personal trainer who runs boot camps. He will give example Circuit sessions and you will design your own sessions and test them out on the group. This is a mainly practical course.

There will be around 5 hours work outside of the course when you design your own Exercise Cards and Circuits plan.

How is the course assessed?

Practical Exam? Yes **Written Exam?** No

Awarding Organisation: Central YMCA Qualifications, www.cyq.org.uk

How can I prepare for the course?

Attend some local Circuits classes or Boot camps.

Key Facts

Apprenticeship option? Yes

Key Qualification? Yes

**What Next?
Contact us**

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