

## CIRCUIT TRAINING (LEVEL 2)

### COURSE DESCRIPTION

The course will train candidates to plan, instruct and evaluate circuit training sessions for apparently healthy individuals. Level 2 Qualifications are the basic entry requirement for anyone wanting to work as a freelance instructor or as an employed instructor in a Gym, Health & Fitness Club or Leisure Centre. CYQs are recognised by the Register of Exercise Professionals (REPs).

### QUALIFICATION GAINED

Central YMCA Qualifications Level 2 Certificate in Fitness Instructing – Circuit Training.

### ENTRY REQUIREMENT

This course format requires applicants to have already gained a level 2 instructor certificate in either Exercise To Music or Gym. We also recommend that applicants have experience of circuit training classes as a participant. CYQ recommend that candidates are aged 18+; although candidates aged 16+ are eligible for certification.

### CPR

A valid CPR / First Aid Certificate is required. This can be arranged, free of charge, if required.

### SYLLABUS IN BRIEF

The basic theory of how the body works, training principles & class structure will be briefly revised & then applied specifically to circuit training sessions. Planning, teaching and evaluation skills, health & safety, customer care & healthy lifestyles are again revised & applied specifically to circuit training sessions.

### COURSE FORMAT.

- 2 days practical & theory
- 1 day assessment

### ASSESSMENT

- Internally assessed practical session (planning, teaching & evaluating a 45 min circuit training session)

**The following will also be required unless current evidence (within 2 years) can be produced:**

- Externally assessed theory paper (1 hour, multiple choice)
- Internally assessed worksheets relating to health & safety & healthy lifestyles.

### PROGRESSION

- Other level 2 disciplines.
- Advanced instructor qualifications (Level 3).