

EXERCISE TO MUSIC (LEVEL 2)

COURSE DESCRIPTION

The course will train candidates to plan, instruct and evaluate exercise to music sessions to 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 – Exercise To Music.

ENTRY REQUIREMENTS

Whilst no previous qualifications or teaching experience are required, we advise that applicants are regular Exercise To Music participants. CYQ recommend that candidates are aged 18+; although candidates aged 16+ are eligible for certification.

SYLLABUS IN BRIEF

The basic theory of how the body works, training principles, session structure & working with music are covered along with planning, teaching and evaluation skills. Health & safety & how to motivate & support clients are also included.

COURSE FORMAT

- Pre course theory (minimum of 4 weeks recommended) & tutorial
- 4 day practical course
- ½ day theory revision & assessment
- 1 day practical assessment

ASSESSMENT

- Externally assessed theory paper (1 hour, multiple choice)
- Internally assessed worksheets relating to health, safety & professionalism.
- Internally assessed practical session (planning, teaching & evaluating a 45 min exercise to music session)

PROGRESSION

- Other level 2 disciplines, Gym, Circuit Training, Water Based Exercise or Step.
- Specialist level 2 qualifications, Chair Based Exercise for Frail Elderly Adults or Health related Exercise for Children.
- Advanced instructor qualifications (Level 3), for example, Ante & Post Natal Exercise or Nutrition & Weight Management