

## Award in Circuit Training

Qualification Accreditation Number: 500/8788

### Delivery

Intensive & part-time

### Course Information

This weekend/two-day intensive course will provide you with all the necessary up-to-date skills needed to become a Circuit Training Instructor. The qualification is recognised worldwide and will enable you to work as a Fitness Instructor and run circuit classes with any leading fitness provider. This course will also support you in running your own circuit classes.

### Entry Requirements

Learners should have an active interest in the Sports and Leisure Industry, ideally have experience as a Fitness Instructor or Exercise to Music Instructor, and should hold a valid CYQ Level 2 qualification such as a Certificate in Fitness Instructing, Gym or Exercise to Music.

### Course Units

Level 2  
Group Teaching Skills  
Credit: 2 GLH: 16

Level 2  
Instructing Circuit Training  
Credit: 2 GLH: 16

### Course Content

During the course you will study and be assessed in:

- How to design and teach safe and effective circuit training 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

### Assessment

The Course is assessed through a portfolio of evidence to include;

- Circuit-based programme for a group
- Circuit-based practical session
- Evaluation sheet

### How to Apply

For schools, colleges and employers, please email or call our booking team for further information.

As an individual trainee you can apply online or alternatively complete the course request form and one of our advisors will help support you in your application.

