



Award in Studio Resistance Training

Qualification Accreditation Number: 500/8738/1

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 Studio Resistance Training Instructor. The qualification is recognised worldwide and will enable you to work as an Instructor and run studio resistance classes with any leading fitness provider. This course will also support you in running your own Studio Resistance 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 hold a valid CYQ Level 2 qualification such as a Certificate in Fitness Instructing, Gym or Exercise to Music.

Course Content

During the course you will study and be assessed in:

- How to design and teach safe and effective studio resistance training sessions
- The principles of warm up, the aerobic curve and cool down
- Working to music
- Motivating participants
- A variety of group teaching skills
- Core stability exercises
- The benefits of studio resistance training
- A variety of approaches to studio resistance training
- How to respond to health and safety issues

Assessment

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

- Studio resistance-based programme for a group
- Studio resistance-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.

“ The course was very useful; all the equipment needed was available. I have learnt what I wanted to and expected to and a lot more. ”