



YMCA Award in Instructing Circuit Training Sessions

The aim of this qualification is to provide those learners who already possess a valid fitness instructor qualification with the additional knowledge; understanding and skills required to plan and instruct group circuit training sessions.

The content therefore reflects the competencies required to become a safe and effective group circuit training instructor.

You'll need

Learners need to have achieved all of the following pre-requisite units:

- A/600/9017 - Principles of exercise, fitness and health
- H/600/9013 - Anatomy and physiology for exercise
- M/600/9015 - Know how to support clients who take part in exercise and physical activity
- T/600/9016 - Health, safety and welfare in a fitness environment

Ideally the Level 2 Instructing Fitness Instructor.

You'll go on to

You can work as a fully qualified circuit instructor, offer classes within the organisation you work within or as a self-employed instructor.

You can progress onto the Level 3 certificate in Personal Training.

Choose from these course options

Course Title	Location	Start	Length
YMCA Award in Instructing Circuit Training Sessions	Cornwall College Camborne	September 2019	2 weeks
YMCA Award in Instructing Circuit Training Sessions	Cornwall College St Austell	September 2019	2 weeks
YMCA Award in Instructing Circuit Training Sessions	Cornwall College Camborne	03-01-2018	5 days

Key facts

Course title:
YMCA Award in Instructing Circuit Training Sessions

Locations:
Cornwall College Camborne,
Cornwall College St Austell,
Cornwall College Camborne

Start date:
September 2019, September 2019, 03-01-2018

Course length:
2 weeks, 5 days

To find out more call 0845 22 32 567 or email enquiries@cornwall.ac.uk



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