



## 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.

### 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

## 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

To find out more call 0845 22 32 567 or  
email [enquiries@cornwall.ac.uk](mailto:enquiries@cornwall.ac.uk)



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