

# Sport

## Circuit Training Instructing Level 2 Part-time

### In Brief

#### Start Date / Duration

This course will start on Thursday 18 April 2024. It will run on Thursday evenings 6pm - 9pm. This course will take 6 weeks to complete.

#### Entry Requirements

- A suitable Level 2 fitness instructing qualification, for example:
  - Active IQ Level 2 Certificate in Gym Instructing
  - Active IQ Level 2 Certificate in Group Training
  - Active IQ Level 2 Certificate in Fitness Instructing
- Some experience of circuit training is useful.
- The course requires physical exertion, and individual participation is essential; therefore, a degree of physical fitness is necessary.
- There is an element of communication (discussing, presenting, reading and writing) involved, and learners should have basic skills in communication.

#### You will achieve

Active IQ Level 2 Award in Instructing Circuit Sessions

### Course Overview

Aimed at qualified gym instructors, this course will allow you to offer more variety for your customers, providing you with the skills and knowledge to plan and deliver safe and effective circuit training sessions. It will also boost your employability and earning potential if you are looking to start your career in the fitness industry.

### Course Content

The course will provide you with the knowledge and skills to be able to deliver circuit sessions,

incorporating the principles of training. It will provide you with an understanding of the legal and professional requirements, as well as the skills, motivations and behaviours of being a circuit instructor. You will also gain an understanding of the health and safety implications of teaching, the importance of cleanliness and maintenance of equipment, and how technology and music can be used in a group setting.

The course will be predominantly delivered through face-to-face practical and theoretical workshops; however, an element of home study is required.

## **How will I be assessed?**

The course assesses both theoretical and practical knowledge and understanding through observations of session delivery, worksheets and completed session plans.

## **What Equipment Will I Need?**

You will require pens, paper, stopwatch and suitable fitness clothing and footwear.

## **Where will I study?**

Honeywell Sports campus  
Honeywell Lane  
Barnsley  
S75 1BP

## **What can I do next?**

You will be qualified to deliver circuit sessions. You may decide to progress to Level 3 qualifications in Personal Training if you wish to further your knowledge and skills.

## **How much does the course cost?**

This course costs £150. There is no funding available for this course.

## **Extra information**

### **Join the Sports Village**

We have a state-of-the-art fitness village, Honeywell Sports Village [<https://www.barnsley.ac.uk/shops-services/honeywell-sports-village/>] where students can make use of our fitness suite, spinning studio and classes for competitive rates.

### **Full Fee Payable**

If the course is listed as full fee payable, you will have to pay for the course.

### **Contact the Information Unit**

For further information please contact our friendly Information Team on +44 (0)1226 216 123 or

email [info@barnsley.ac.uk](mailto:info@barnsley.ac.uk) [mailto:[info@barnsley.ac.uk](mailto:info@barnsley.ac.uk)]

## **Additional Learning Support**

Our Additional Learning Support team can provide you with the support you need. Please contact them on +44 (0)1226 216 769.

## **Disclaimer**

Please note we reserve the right to change details without notice. We apologise for any inconvenience this may cause.

**Last updated:** 11th April 2024

### **Want to apply?**

Visit <https://www.barnsley.ac.uk/apply> to get started

Call us on **01226 216 123**