

Sport

Kettlebells Level 2 Part-time

In Brief

Start Date / Duration

This course will start on Tuesday 16 April 2024. It will run on Tuesday evenings 6pm - 9pm. This course will take 3 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 kettlebells 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 Kettlebells

Course Overview

This qualification is aimed at level 2 and level 3 qualified instructors and will provide you with the skills and knowledge to plan and deliver safe and effective kettlebell sessions. Kettlebell activities are exciting and will enable you to bring variation and innovation into your sessions. This course will help you develop specific knowledge and skills needed to safely integrate the use of kettlebells into your personal training sessions, circuit's classes, group exercise classes or boot camps. It also enables you to deliver your own kettlebells classes.

Course Content

Barnsley College are offering this highly popular and valuable course which has a weighting of **20** REP's CPD points upon successful completion. It will provide you with an understanding of the legal and professional requirements of a group kettlebell instructor, the key concepts of kettlebell training and how technology can be used in kettlebell sessions. You will acquire the knowledge and skills to be able to plan, prepare and deliver safe and effective group kettlebell sessions.

The course will be predominantly delivered through face-to-face practical and theoretical workshops; however, an element of home study is required. It is advantageous that you have access to a gym where you can practice your learning.

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?

Candidates could progress onto Active IQ Level 3 Personal Training.

How much does the course cost?

This course costs £120. 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]

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**