

## **YMCA Level 2 Award in Instructing Group Circuit Training (603/3751/5)**

## **YMCA Level 2 Certificate in Instructing Group Circuit Training (603/3752/7)**

### **Purpose Statement**

#### **Overview**

##### **Who are these qualifications for?**

The YMCA Level 2 Award in Instructing Group Circuit Training and Level 2 Certificate in Instructing Group Circuit Training (RQF) contain the knowledge, skills and behaviours recognised as the industry's minimum requirements for teaching Circuit Training. These qualifications are for those who wish to develop knowledge, understanding, communicative and technical skills needed for a career in teaching Group Circuit Training.

These qualifications have been specifically designed for the 16+ age group. Units are based on the professional standards for core group exercise instructor developed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) alongside industry employers.

The Level 2 Award in Instructing Group Circuit Training is the smaller of two 'circuit training' qualifications. This qualification enables progression on to further learning within the health and fitness or active leisure/sport sectors (see progression to further learning below). Learners should select this qualification if they have already achieved a recognised gym instructor /group exercise instructor qualification and are seeking to gain a qualification which will enable them to design and deliver safe and effective group circuit training sessions.

Learners should select the Level 2 Certificate in Instructing Group Circuit Training if they haven't already achieved a recognised gym instructor /group exercise instructor qualification, or those who are currently working in the active leisure industry as group circuit training instructors who wish to have their experience and knowledge recognised by a formal qualification. This qualification includes core units that provide the underpinning knowledge that is required to work in a group exercise environment, in addition to the knowledge and skills required to design and deliver safe and effective group circuit training.

##### **What prior qualifications/levels of attainment are needed to take these qualifications? Are there any age restrictions?**

Learners must be at least 16 years old to complete the YMCA Level 2 Award or Certificate in Instructing Group Circuit Training.

In addition, learners completing the YMCA Level 2 Award in Instructing Group Circuit Training must hold a regulated Level 2 qualification mapped to either the CIMSPA [Core Group Exercise Instructor](#) or [Gym Instructor](#) professional standards.

### **What do these qualifications cover?**

The YMCA Level 2 Award in Instructing Group Circuit Training is regulated by Ofqual and comprises of a total of 2 mandatory units awarding a total of 7 credits.

Mandatory units

- Principles of planning and delivering group exercise (5 credits)
- Plan and deliver group circuit training (2 credits)

The YMCA Level 2 Award in Instructing Group Circuit Training is regulated by Ofqual and comprises of a total of 5 mandatory units awarding a total of 20 credits.

- Anatomy and physiology for exercise and fitness instructors (6 credits)
- Providing a positive customer experience in the exercise environment (5 credits)
- Lifestyle management and health awareness (2 credits)
- Principles of planning and delivering group exercise (5 credits)
- Plan and deliver group circuit training (2 credits)

### **What could these qualifications lead to?**

#### **Future employment possibilities**

These qualifications can lead to employment as a group circuit training instructor

#### **Progression to further/higher level learning**

These qualifications provide progression to other qualifications at the same and higher levels, for example:

- YMCA Level 3 Diploma in Gym Instructing and Personal Training (Practitioner)
- YMCA Level 3 Diploma in Gym Instructing, Personal Training (Practitioner) and portable equipment
- YMCA Level 3 Diploma in Personal Training (Practitioner), Outdoor Exercise and Sports Conditioning
- YMCA Level 3 Diploma in Personal Training (Practitioner), Outdoor Exercise, Sports Conditioning and portable equipment
- Level 3 Award in Instructing Boot Camp Fitness Training

### **Who supports these qualifications?**

#### **CIMSPA (Chartered Institute for the Management of Sport and Physical Activity)**

This qualification is supported by Chartered institute for the Management of Sport and Physical Activity (CIMSPA). CIMSPA is an independent organisation which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. One of their key functions is to provide a system of regulation for instructors and trainers to ensure that they meet the Health and Fitness Industry's agree standards. To gain recognition by CIMSPA, instructors must provide evidence that they meet the standards that underpin the YMCA Awards Level 2 Certificate in in Exercise to Music (Freestyle). You can find out more about CIMSPA here:

<https://www.cimspa.co.uk>