

YMCA Level 2 Award in Instructing Circuit Training Sessions (601/5406/8)

Purpose Statement

Overview

Who is this qualification for?

- Qualified fitness instructors who are seeking a qualification which will enable them to design and deliver safe and effective group circuit training sessions
- 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 is the smaller of two 'circuit training' qualifications. It is suitable for learners who have either achieved a fitness instructor or physical activity advisor on REPs or who hold a qualification which includes all the generic underpinning knowledge relevant to these roles.

What prior qualifications/levels of attainment are needed to take this qualification? Are there any age restrictions?

Learners must be at least 16 years old and hold a level 2 Fitness Instructor qualification or similar

What does this qualification cover?

The YMCA Awards Level 2 Award in Instructing Circuit Training Sessions is regulated by Ofqual and comprises of a total of 2 mandatory units awarding a total of 10 credits.

Mandatory units

- Planning group circuit training sessions (4 credits)
- Instructing group circuit training sessions (6 credits)

Key topics/skills/knowledge covered:

- How to plan and prepare group circuit training sessions
- How to deliver group circuit training sessions

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment as a group circuit training instructor

Progression to further/higher level learning

This qualification provides progression to other qualifications at the same and higher levels, for example:

- Level 3 Diploma in Personal Training and Instruction
- Level 3 Diploma in Personal Training (Gym-Based Exercise)
- Level 3 Award in Instructing Boot Camp Fitness Training

Who supports this qualification?

This qualification is supported by ukactive, a not-for-profit body comprised of members and partners from across the UK active lifestyle sector. It provides services and facilitates partnerships for a broad range of organisations, all of which support the vision of more people, more active, more often to improve the health of the nation. We exist to serve anyone with a benefit to be gained or a role to play in achieving that goal.

Ukactive's membership, which stands at over 3,000 members, includes operators of fitness facilities of all sizes, as well as local authority leisure centres, leisure trusts, outdoor fitness providers, trainers, sports providers, education and training providers, lifestyle companies, equipment suppliers and charities. Read more about ukactive here:

<http://www.ukactive.com/about-us>