

Active IQ

**ACTIVE IQ LEVEL 2
AWARD IN INSTRUCTING
KETTLEBELL**

**SHAPE
YOUR FUTURE**

KETTLEBELL



www.revolutionisefitnesseducation.com



LEVEL 2 INSTRUCTING KETTLEBELL



Introduction

The Active IQ Level 2 Award in Instructing Kettlebells is at Level 2 on the Regulated Qualifications Framework (RQF).

Entry requirements

Learners must hold one of the following, or equivalent:

- 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 kettlebell 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 pitched at Level 1.

Qualification Outline

Target learners

- Learners aged 16+.
- Qualified fitness instructors wishing to widen their skills to offer kettlebell sessions.

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Purpose

- The purpose of this qualification is to provide learners with an understanding of the legal and professional requirements of a group kettlebell instructor.
- Learners are provided with an understanding of the key concepts of kettlebell training and how technology can be used in kettlebell sessions.
- Learners are also provided with the knowledge and skills to be able to plan, prepare and deliver safe and effective group kettlebell training sessions.

Progression

This qualification provides progression onto:

- Active IQ Level 2 Award in Instructing Studio Cycling.
- Active IQ Level 2 Award in Instructing Circuit Sessions.
- Active IQ Level 2 Certificate in Group Training.
- Active IQ Level 3 Diploma in Personal Training.
- Apprenticeships within the active leisure sector.

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Learner Journey

Once you have decided to enhance your career options by completing our Course the following will take place.

- Gain access to the online Classroom with resources at your finger tips and meet your fellow coaches to discuss and share ideas.
- A structured self led timetable for you to complete the qualifications at your own speed.
- Course work to be completed and submitted to the tutor.
- One day practical training day including practical assessment at an academy.

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