

Active IQ

**ACTIVE IQ LEVEL 2
AWARD IN INSTRUCTING
CIRCUIT SESSIONS**

**SHAPE
YOUR FUTURE**

**CIRCUIT
TRAINING**



www.revolutionisefitnesseducation.com



LEVEL 2 CIRCUIT TRAINING



Introduction

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

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 pitched at Level 1.

Qualification Outline

Target learners

- Learners aged 16+.
- Qualified fitness instructors wishing to widen their skills to offer circuit 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 circuits' instructor. Learners are provided with an understanding of the key concepts of circuit training and how technology can be used in circuit sessions. Learners are also provided with the knowledge and skills to be able to plan, prepare and deliver safe and effective group circuit sessions.

Progression

This qualification provides progression onto:

- Active IQ Level 2 Award in Instructing Kettlebells.
- Active IQ Level 2 Award in Instructing Studio Cycling.
- 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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