



Active IQ Level 2 Award in Instructing Circuit Sessions - K135

This qualification is designed to provide learners with an understanding of the legal and professional requirements of a circuits' instructor.

COURSE DETAILS

Students are provided with an understanding of the key concepts of circuit training and how technology can be used in circuit sessions. Students are also provided with the knowledge and skills to be able to plan, prepare and deliver safe and effective group circuit sessions.

The learner must complete the one mandatory unit:

Unit 1: Planning and instructing circuit sessions (M/618/3442).

ENTRY GUIDELINES

Applicants must have level 2 fitness/gym instructor qualification

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

EQUIPMENT REQUIRED

Suitable gym clothing

ASSESSMENT METHOD

This qualification is assessed by:

- Coursework
- Practical demonstration/assignment

WHEN DOES THIS COURSE RUN?

CAMPUS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	Part Time	K135P001	
<p>If you are aged 19 or over:</p> <p>Fee : £150.00</p> <p>Please note, there are no discounts for this course.</p> <p><i>The fee quoted is for the academic year 23/24.</i></p>			

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 27th April, 2024 and may be subject to change.