

A photograph of a gym environment with large windows. In the foreground, a young man in a red t-shirt and light-colored trousers sits on a blue exercise machine. Another young man in a red t-shirt stands next to him, facing away from the camera. In the background, other students are visible using various gym equipment. A blue banner with white text is overlaid on the top left of the image.

Active IQ Level 2 Award in Instructing Kettlebells - K134

This qualification is designed to provide learners with an understanding of the legal and professional requirements of a group kettlebell

COURSE DETAILS

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

The learner must complete the one mandatory unit:

Unit 1: Planning and instructing kettlebell sessions (T/618/3443).

ENTRY GUIDELINES

Applicants must have level 2 fitness/gym instructor qualification — some experience of kettlebell training is useful.

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	K134P001	
<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 17th April, 2024 and may be subject to change.