



Circuit Instructor

Course Guide

Thank you your interest in the Circuit Instructor course with Amac. Within this course guide, you will find information on the different parts of the course.

If you need further information then visit our website or ring 01227 831 840 or via email on info@amactraining.co.uk.

Course Package

- Circuit Instructor

Pre requisites

Over 16

Objectives of Course

By the end of the course, you will have the knowledge, understanding and skills to plan and instruct a circuit training session.

Qualification Units

- Group teaching skills
- Instructing circuit training

Note: There are 2 mandatory units to the Award in Circuit Training.

Certification

Upon completing the personal trainer course with Amac, you will receive the following certification:

- Central YMCA Qualification Level 2 Award in Circuit Training



Level 2 Planning & Instructing a Circuit Training Session



Course Information



Introduction

This qualification covers the knowledge, understanding and skills to design and deliver a circuit training class.

Format

This is covered on a 2 day course when you will be given a comprehensive manual. You will receive details of the course dates and times that you booked on to, along with a timetable.

Content

Group Teaching Skills cover the following:

- Be able to respond to health and safety issues
- Be able to motivate and encourage participants to perform physical activity
- Be able to identify a variety of skills and characteristics of the group exercise instructor
- Be able to apply the principles of progression to cardiovascular exercise
- Be able to apply the principles of progression to muscular strength and endurance exercise
- Be able to identify the aims and objectives of a group exercise class
- Be able to work with music
- Be able to end a class safely and effectively
- Be able to evaluate their own teaching and performance

Instructing Circuit Training

- Be able to design a safe and effective circuit training class
- Be able to teach a safe and effective circuit training class

Level 2 Planning & Instructing a Circuit Training Session



Course Information

Assessments

Students will need to video their practical assessments which will be submitted in DVD format.

Assessment Element 1 - Session Overview and Class Plan

Session overview

- Aims, objectives and health and safety considerations

Class Plan

For a circuit training session, including:

- A floor plan
- Circuit cards

A warm up component

A main component

A cool down component

Assessment Element 2 - Continuous Assessment

Direct observation of:

A warm up component

- Mobility and pulse raiser
- Prep stretch – static or dynamic
- Rewarm

A main component

- Circuit
- Pulse lower

A cool down component

- Flexibility

Assessment Element 3 - Self Evaluation Log

Evaluation completed following each continuously assessed component

Certification

- Award in Circuit Training