



Qualification
Guidance

Level 2 Award in Instructing Circuit Sessions



Qualification
Accreditation Number:
500/6259/1
Version FLM004522

Active iQ

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Introduction

The Active IQ Award in Instructing Circuit Sessions is at level 2 on the Regulated Qualifications Framework. It is also recognised by The Register of Exercise Professionals (REPs) at level 2, but does not provide access onto the Register. Entry onto the Register is gained via a recognised level 2 fitness qualification

Guided learning hours: 10

Total Qualification Time: 25

Credit: 5

Minimum credit to be achieved at or above the level of the qualification:	5
Requirements other than the award of credit which needs to be met before the qualification is awarded:	None
Exemptions:	None

Entry Requirements

- A suitable Level 2 Fitness Instructing qualification e.g. Active IQ Level 2 Certificate in Fitness Instructing (Gym/ ETM)
- 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 also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2

Target learners:

Adults (aged 16+) wishing to pursue a career in the health and fitness sector as a circuit training instructor

- Fitness instructors who wish to widen their skills by offering group circuit training sessions
- Please note that 16 to 18 year-olds may need to be supervised in the workplace, once they have achieved the qualification

Aim:

- To train learners, who already have knowledge and skills in gym or exercise to music instruction, to a professionally competent level to plan and deliver safe and effective circuit training sessions
- To broaden the skills of gym or exercise to music instructors to include instructing group sessions in circuit training sessions

Objectives:

- To develop learner's ability to plan and deliver safe and effective circuit training sessions

Progression:

- This qualification provides progression to the Level 2 NVQ Certificate in Instructing Exercise and Fitness for learners who wish to develop and demonstrate occupational competence in delivering exercise sessions.
- Alternatively, it provides progression to Level 3 qualifications in Personal Training for learners who wish to further their knowledge and skills and become personal trainers working with specialist populations as well as the general population
- Learners may also progress on to qualifications in related sectors, like Sports Massage, where they will be provided with the knowledge and skills to practise sports massage alongside gym instructing and circuit training in the health club environment

Links to National Occupational Standards

There are direct links to units in the Level 2 NVQ Certificate in Instructing Exercise and Fitness

Tutors, Assessors and Internal Verifiers

Required Criteria

All Tutors, Assessors and Verifiers must:

- Possess a discipline specific qualification equivalent to the qualification being taught
- Have relevant industry experience
- Demonstrate active involvement in a process of industry relevant Continued Professional Development during the last two years

Tutors

Tutors must hold, or be working towards a teaching qualification.

The following are acceptable:

- Level 3 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 3 Award in Education and Training
- Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 4 Certificate in Teaching in the Lifelong Learning Sector (CTTLS)
- Level 4 Certificate in Education and Training
- Level 5 Diploma in Teaching in the Lifelong Learning Sector (DTTLS)
- Level 5 Diploma in Education and Training
- Certificate in Education

Assessor

Assessors must hold or be working towards any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment or
- Level 3 Award in Assessing Vocationally Related Achievement or
- Level 3 Award in Assessing Competence in the Work Environment or
- Level 3 Certificate in Assessing Vocational Achievement, or
- A1 (previously D32, D33)

Internal Verifier

Internal verifiers must hold or be working towards any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice or
- V1 (previously D34)

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

Qualification Structure and Unit Content

This qualification comprises of 2 units:

Y/502/5702 Unit 1 Planning a Circuit Training Session

H/502/5704 Unit 2 Instructing a Circuit Training Session

Successful achievement of both units must be achieved for the full qualification.

Learning outcomes The learner will be able to:	Assessment Criteria The learner can:
1. Understand group circuit training	1.1 Describe the history of circuit training from 1958 by Morgan and Adamson at Leeds University. 1.2 Define circuit training. 1.3 List the benefits of circuit training to the instructor, clients and the effects on the body systems
2. Understand different methods of circuit training	2.1 Describe the recommended work time for resistance training within a circuit training session. 2.2 State the recommended recovery periods in terms of time between sets of exercises in circuit training sessions 2.3 Describe the purpose of active recovery. 2.4 Describe the different methods of circuit training which can be used, for example: <ul style="list-style-type: none"> • Two thirds workload circuit • Progressive colour circuit • Timed circuit • Bodyweight only circuit • Circuits with equipment • Command circuit • Sports specific • Circuit weight training 2.5 Describe the different types of circuit training layout, for example: <ul style="list-style-type: none"> • Satellite circuit • Satellite square • MSE satellite – Aerobic unison • Squares – strength • Lines • Pairs • Once Through • Corners • Radial • Follow the leader • Shuttle • Work, rest and play • Forward and back • Bleep • Ton Up • Sports Specific – Boxing 2.6 List the recommended information requirements for circuit cards
3. Understand the role of the circuit training instructor	3.1 Describe the role of the circuit training instructor 3.2 Describe the importance of correct instructor performance of exercises 3.3 List ways of motivating class participants 3.4 State the importance of professionalism in circuit training instructors
4. Understand the implications of using music in a circuit training session	4.1 Describe the licensing arrangements when using music in circuit training sessions 4.2 List reasons why they might use a microphone in a circuit training session
Assessment	Worksheet

Learning outcomes The learner will be able to:	Assessment Criteria The learner can:
1. Know the safety considerations when teaching circuit training sessions	1.1 List the safety considerations relating to circuit training sessions. 1.2 Identify appropriate venues for circuit training. 1.3 List factors to consider when planning a circuit training class
2. Plan and instruct a safe and effective circuit training session	2.1 Plan a circuit training session 2.2 Welcome participants and carry out verbal pre-exercise screening. 2.3 Demonstrate safe set up of equipment for the circuit training session. 2.4 Introduce the circuit to the participants including, aims, objectives and demonstrations. 2.5 Instruct a safe and effective circuit training session to include: <ul style="list-style-type: none"> • Warm up • Main Component • Cool Down 2.6 Demonstrate a range of exercises using a logical sequence of instruction to include: <ul style="list-style-type: none"> • Upper body • Trunk • Lower body exercises 2.7 Demonstrate a range of CV exercises using a logical sequence of instruction. 2.8 Demonstrate a range of exercises using equipment, for example: <ul style="list-style-type: none"> • dumbbells • barbells • stability balls • bosu • resistance bands • steps • skipping ropes 2.9 Distinguish when an activity needs to be adapted to meet the needs and abilities of the participants 2.10 Offer alternative activities when appropriate 2.11 Identify any special arrangements or adaptations which need to be made in response to the equipment or facilities available 2.12 Put equipment away and leave the environment in an acceptable condition following the circuit training session.
3. Demonstrate a range of communication and evaluation skills appropriate for the circuit training session	3.1 Demonstrate effective verbal and non-verbal communication styles. 3.2 Demonstrate effective use of body language 3.3 Demonstrate how to move amongst the group to observe and correct performance. 3.4 Give feedback to participants following a circuit training session
4. Undertake an evaluation of their own performance and prepare an action plan for improvement	4.1 Evaluate the safety and effectiveness of the session. 4.2 Evaluate their own performance. 4.3 Record an action plan for improvement.
Assessment	Session plan introduction Session plan- circuit layout Session plan- circuit cards Summative observed session Session self-evaluation

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