

L2 Circuit Design and Delivery



Entry Requirements

Over 18

You must hold a recognised Level 2 Fitness Instructor qualification or equivalent.

Course Overview

Our online Circuit Design and Delivery course is for any fitness instructor or personal trainer who would like to run circuit training sessions. The course covers the basic factors that need to be considered when setting up a circuit. You will learn about different circuit structures and layouts, and tips on how to deliver a successful circuit training session.

Course Content

- Structuring a circuit session
- Planning a progressive programme
- Circuit layouts
- Teaching circuits and evaluating performance

Recognised Qualification

- 4 REPs points
- SkillsActive recognised

Accreditations



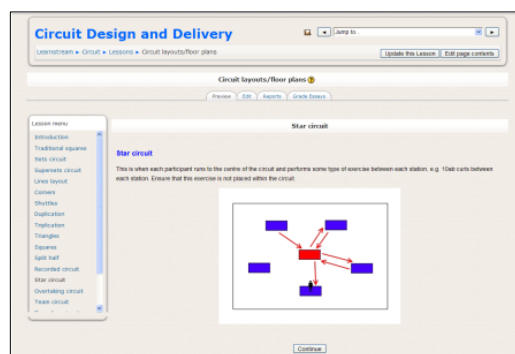
Format Options



4-6 hrs

Online Learning

You can study for this qualification online through Amac's interactive e-learning resources which have been specifically designed by us for this course. You will find an easy to use online course that guides you through all the areas of learning required.



In-house

This course requires one day's attendance when you will be given a comprehensive training manual. If you are interested in making a group booking we can provide this qualification as an in-house course and create a bespoke delivery and assessment format to meet your needs.

Assessment

- An online quiz (70% required) which when passed enables a personalised certificate to be downloaded.

Certification

Amac Certificate in Circuit Training



What next?

- Profusion courses: Sandbags, Kettlebells, Ropes, Indoor Cycling, Combat and HIIT