

Circuit Training

	Legacy (existing qualification) YMCA Level 2 Award in Group Exercise Instructing: Circuit Training (603/7151/1)	IFATE approved qualification <u>Level 2 Technical Specialist in Exercise and Fitness: Group Exercise Instructor (Circuit Training) (Award) (610/4600/0)</u>
GLH	45	27
TQT	56	54
Number of units	2	1
Number of assessment tasks (approximate)	4	2 plus PD (as required)

Units

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Principles of planning and delivering group exercise (L/618/6381)	N/A
Plan and deliver group circuit training (R/618/6382)	Plan, deliver and evaluate group circuit training (F/650/4860)

Differences in assessments

Plan, deliver and evaluate group circuit training

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Assessment element 5: Plan a group circuit training session Assessment element 6: Observation of practical teaching	4.1d Plan a group exercise session (circuit training) This assessment is split into two parts: <ul style="list-style-type: none"> • Planning • Professional discussion 4.2d Deliver and evaluate a group exercise session (circuit training) <ul style="list-style-type: none"> • Delivered live and real time

Assessment element 4: Plan and deliver group circuit training worksheet	N/A
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