

# YMCA Award in Instructing Kettlebell Training



Course Level: Level 2

Campus: Newcastle

Subject Type: Exercise & Fitness

## Course Overview:

Study this short course to develop the knowledge and competencies required to plan and deliver safe and effective kettlebell exercises and training sessions. This qualification is aimed at qualified fitness instructors and personal trainers wishing to acquire the additional knowledge and competencies required to plan and deliver safe and effective kettlebell exercises and training sessions.

## What's Covered:

During this one-day course, our industry-trained tutors will guide you through every element of kettlebell training.

## You will learn about and develop knowledge in these areas:

- The history and origins of kettlebell training
- The benefits of using kettlebells
- Health and safety considerations for kettlebell training
- How to incorporate kettlebell training into resistance sessions
- Skills relating to the qualification:
- How to prepare, plan and instruct kettlebell training sessions
- Effective communication skills

## Entry Requirements:

To apply for this course, you will need to hold a Level 2 Fitness Instructor qualification or equivalent.

## Assessment Information:

Learners are assessed on planning and delivering kettlebell training. This is via a worksheet, session plan, observation and evaluation.

## Fees and Financial Support:

If you are on state benefits or are on a low income you may be entitled to fee remission towards your course. \*This is at the Colleges discretion. If you have any queries with regards to the funding of your course, please contact Charlotte Robertson on 01782 254141 or email [charlotte.robertson@nscg.ac.uk](mailto:charlotte.robertson@nscg.ac.uk).

## Progression:

Learners can instruct their own kettle bell sessions in the industry as a class.

## How do I find out more?

For further information, please email [becky.whiston@nscg.ac.uk](mailto:becky.whiston@nscg.ac.uk) or call on 01782 254205