

# VTCT Level 2 Certificate in Instructing Group Exercise to Music



**Course Level: Level 2**

**Campus: Newcastle**

**Subject Type: Exercise & Fitness**

## Course Overview:

Energise your career and get fit for business with this recognised Level 2 qualification. Exercise to music is a great way to bring people of all abilities together to have fun while getting fit and this course will give you the skills needed to encourage participation and improve client confidence.

## What's Covered:

The VTCT Level 2 Certificate in Instructing Group Exercise to Music is an Occupational Qualification aimed at learners that wish to pursue a career within the fitness industry as a group exercise to music instructor. The qualification is based on the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for group exercise to music. Throughout this qualification, you will develop your knowledge and understanding of relevant anatomy and physiology.

This course will also help you to develop the knowledge, understanding and skills to pre-screen clients and check their readiness to exercise and follow health and safety practices in a health and fitness environment. Learners will develop the knowledge and skills to plan group exercise to music sessions.

NSCG's approachable team will help you to learn how to design and structure group exercise to music sessions to train different components of fitness. In parallel, learners will develop their communication and customer service skills, their awareness of environmental sustainability and their commercial skills, all of which are valued highly by employers. Problem solving, team working skills and research skills will also be developed

## Entry Requirements:

There are no specific recommended prior learning requirements for this qualification although learners should be 18 to undertake the qualification.

## Assessment Information:

This course has a variety of assessment methods including:

- x2 externally assessed exams
- x3 Practical Observations
- x2 Portfolio Workbooks

## Fees and Financial Support:

Courses with a duration over 12 weeks and costing in excess of £150 (including exam fees) can be paid for in instalments over the duration of the course or one year (whichever is shorter). While the College cannot guarantee this arrangement in every case, we will do our best to accommodate requests to pay by instalments. In order to pay by instalments you need come into the college, payments of this kind cannot be taken online.

## Progression:

Learners who achieve this qualification are eligible to become a fitness instructor and register to become a member of the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). As a fitness instructor, learners could progress directly into employment in a variety of contexts, which include:

- Commercial gyms
- Public leisure centres
- Private health and fitness clubs
- Armed forces
- HM prison service
- Cruise liners

Learners may choose to develop their knowledge and skills further by completing additional qualifications at level 3 in the following areas:

- Gym instruction
- Personal training

## What else do I need to know?

The course will include both practical and theoretical components and involves a substantial amount of home-based study. You will be supported by qualified course lecturers who have industry experience, in a state-of-the-art fitness environment.

## How do I find out more?

For further information, email [becky.whiston@nscg.ac.uk](mailto:becky.whiston@nscg.ac.uk) or call on 01782 254317