

WHY CHOOSE YMCA LEVEL 2 TEACHING GROUP EXERCISE

This Level 2 qualification is an exciting entry-level route to becoming a studio-based instructor and perfect for anyone wanting to teach freestyle or pre-choreographed group exercise to music and provides access to a range of alternative formats, including Les Mills, Insanity and Zumba.

Supported by high quality resources and assessment materials this programme has been created by leading industry experts in consultation with employers and training providers.

YMCA Awards are internationally recognised and highly respected in the field of health and fitness around the globe.

The global fitness market is predicted to rise at a tremendous rate of 10.0% in the 2021-2028 timeframe. As more and more people appreciate the benefits of leading an active lifestyle, the demand for qualified group ETM classes has never been so high. This means that this is the perfect time for career opportunities within the Health and Fitness industry for ETM Teachers.

This qualification will give you the necessary knowledge to be able to plan and teach safe exercise to music. More importantly however, it will give you the skills to enter the group exercise studio with absolute confidence in your abilities to deliver exercise to music classes with passion and energy.

WHAT YOU WILL COVER ON THIS COURSE

The aim of this qualification is to develop the knowledge, skills and behaviours of learners to enable them to professionally prescribe, plan and deliver safe and effective group exercise programmes within a gym, health club or outdoor environment as a Level 2 Group Exercise Instructor. This includes an overview of knowledge, skills and understanding.

- Anatomy and physiology including:
 - The heart and circulatory system
 - The respiratory system
 - The digestive system
 - Structure and function of the skeleton
 - Musculoskeletal system
 - Postural and core stability
 - The nervous and energy systems and their relation to exercise
- Principles of working in an exercise environment, including customer service and how to maintain health, safety and welfare.
- How to communicate with clients effectively and motivate clients to adhere to an exercise programme.
- The skills and knowledge required to plan and deliver group exercise sessions with apparently healthy adults. This may include older adults (50+) and (providing they are part of a larger adult group) young people aged 13-18.

ENTRY REQUIREMENTS

Learners need to be 16 or above to complete this qualification.

There are no formal entry requirements for this course, although you will need some experience of taking part in group ETM classes as a participant.

We also recommend that throughout your study period, you try to attend 2-3 classes per week if you can, but this does depend on your previous level of experience. It isn't always necessary.

QUALIFICATIONS OVERVIEW

This Level 2 Exercise to Music course is certificated by YMCA Awards and provides you with a full regulated Ofqual qualification. The qualification is also endorsed by CIMSPA and is recognised by all leading health and fitness employers.

This qualification is fully mapped to CIMSPA's professional standards and is worth 10 CIMSPA CPD Points.

PRACTICAL DAYS

As mentioned above, before attending your Level 2 ETM Course, it is strongly recommended that you attend a range of fitness classes and be familiar with the exercises. This course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.

This attended (face to face) exercise to music course is delivered in a blended format combining home-study with 4 days (2 weekends) of face-to-face training at our studio in the [Hague](#).

This course is perfect for anyone who enjoys learning practically and enjoys interactions with others. With this face-to-face course, you will get lots of up close and direct contact with your course tutor(s) and your fellow students.

Throughout the 4-days of training, there are a combination of theory and practical workshops that will help you learn everything you need to become a fantastic group exercise teacher. The content is delivered in a friendly, informal and encouraging manner.

Courses usually run from 9 am -5 pm, although sometimes it is necessary to vary this slightly to maximise your access to the exercise studio.

Things to Bear In Mind

- You will have to do homework and preparation before the course begins.
- Attendance of all live days is compulsory.
- You are required to sit an exam during the course as well as be observed teaching a planned class to gain your certification.

LEARNING RESOURCES

On enrolment, we'll supply you with all the materials and resources you need, including digital training manuals, and interactive eLearning,

OPPORTUNITIES FOR PROGRESSION

On completion, you'll be eligible to deliver freestyle group exercise classes in any environment suitable for exercise. Whether you want to set up your own classes in a village hall, dance studio or even outdoors, you'll be qualified.

Learners may choose further same level qualifications such as step, aqua, indoor cycling or, continue onto level 3 qualifications, for example:

- Level 3 Diploma in Teaching Pilates
- Level 3 Diploma in Teaching Yoga
- Level 3 Diploma in Personal Training and Instruction.