
Group Exercise Instructor (Exercise to Music) – Level 2



Outline

Exercise to Music (ETM) is the ideal starting point for those wishing to teach and instruct group exercise classes. Whether you are looking for a career change or wish to add to your curriculum vitae (CV) this course is for you. Successful completion of this course is mandatory in the fitness industry if you wish to go on and specialise in other areas such as step, combat style, dance based, strength based exercise classes or work with special populations such as older adults or exercise referral.

Our Group Fitness Instructor (ETM) course is validated by Central YMCA Qualification (CYQ) and is highly sought after by employers and is created around the industry standards set by Skills Active.

Content of ETM Course

- How to maintain health, safety and welfare in a variety of fitness environments
- How to program safe and effective exercise for a range of clients
- How to communicate with and motivate clients
- How to plan a Group exercise session
- How to effectively deliver a Group exercise session

ETM Format & Assessment

This course is Tutor led and delivered in a 7 day format in May, making use of the Summer vacation to develop skills, with an additional teaching practice/Mock Assessment day in September prior to the practical teaching assessment. You will be provided with worksheets and asked to complete homework tasks in the evening and before your assessment.

Assessment involves a theory assessment, a practical teaching assessment and worksheets.

The underpinning knowledge for all level 2 courses is the mandatory Theory module which is to be completed as distance learning. Following Registration, the Course Director will provide you with a Theory course manual. Begin to read and revise.

Some additional theory tutorials can be provided for students without a background in fitness and exercise.

The theory assessment is 2 x 60 minute multiple choice papers

1. Anatomy and Physiology
2. Principles of Exercise, fitness & Health

You will be practically assessed for this course delivering a 45 minute (approx.) Gym based session. Please note that you will be required to bring a client to your assessment.

Price

- Students - £340
- Non Students - £390

This includes the FREE Distance Learning Theory Module). Market price usually around £450 + £140= £590. TAKE ADVANTAGE OF THIS GENEROUS OFFER.

Registration & Payment

Register and pay for the Group Fitness (ETM) Instructor level 2 course at the Centre for Sport and Exercise (CSE) reception. You may pay by cash or card.

Course Location

Centre for Sport & Exercise, The University of Edinburgh, 46 Pleasance, Edinburgh. EH8 9TJ

Please report to the CSE's Bell's Meeting Room at 9am on the first day of the course.

Group Fitness (Exercise to Music) Instructor LEVEL 2

Level 2	Course Dates	Assessment Date	Cost
Theory Distance learning		23 May 0900-1100 Bells Meeting Room, CSE Or 30 May 0900-1100 Bell's Meeting Room	FREE
Group Fitness (ETM) Instructor	25, 26, 27, 30, 31, 2, 3 June, 26 September 2015	tbc	£340/£390

FAQ's – Frequently Asked Questions

1. Who can I contact for further information?

June Adamson, Senior Instructor, Development & Training [-June.Adamson@ed.ac.uk](mailto:June.Adamson@ed.ac.uk)

2. How many people can book onto the Course?

Minimum of 4 and a maximum of 12

3. Do you need to have a background in fitness before registering for the course?

No, there are no prerequisites – anyone can apply. Additional theory tutorials can be provided if necessary.

4. When does Registration period end?

Registration ends one week before the course begins so Monday 18th May at 1700 -. Late applications may be accepted subject to availability.

5. Where is the Course being held?

At the University of Edinburgh, Centre for Sport and Exercise, 46 Pleasance, Edinburgh EH8 9TJ.

6. What qualifications will I get?

Our Gym Instructor and Group Fitness Instructor -Exercise to Music courses are validated by Central YMCA Qualification (CYQ). The courses are highly sought after by employers as they are created around the industry standards set by Skills Active.

7. Is my Course Recognised?

Yes CYQ is a world- wide recognised .awarding body. On completion of our ETM and Gym Instruction courses, you will be able to register with the Register of Exercise Professionals (REPS).