

**NCFE Level 2 Award in Instructing Circuit Training (603/3934/2)**

**Statement of authenticity**

Learner name:

Centre number:

Centre name:

**Signatures**

Learner: Date:

Tutor/Assessor: Date:

Internal Quality Assurer (IQA)\*: Date:

External Quality Assurer (EQA)\*: Date:

\* For completion if part, or all, of the evidence has been sampled by the Internal and/or External Quality Assurer

**Unit 01 Planning circuit training sessions (F/617/4017)**

**Learning outcome 1**

**You will:** Understand the benefits, uses and principles of circuit training

You must:

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| **1.1 Define circuit training** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **1.2 Describe the benefits of circuit training** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **1.3 Describe the training effects from circuit training** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 01 Planning circuit training sessions (F/617/4017) (cont’d)**

**Learning outcome 2**

**You will:** Understand the health and safety considerations for circuit training sessions

You must:

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| **2.1 Explain the safety considerations relating to circuit training sessions, including:*** **environment**
* **equipment**
* **participants**
 |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **2.2 Explain the potential risks to participants and the precautions to take** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 01 Planning circuit training sessions (F/617/4017) (cont’d)**

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| **2.3 Describe possible contraindications to circuit training** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 3**

**You will:** Understand the techniques to use in circuit training sessions

You must:

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| **3.1 Describe different methods of circuit training which can be used** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.2 Describe different types of circuit training layout** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 01 Planning circuit training sessions (F/617/4017) (cont’d)**

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| **3.3 Identify methods of varying intensity** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.4 Describe a range of circuit training exercises** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.5 Identify a range of equipment that could be used in a circuit training session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 01 Planning circuit training sessions (F/617/4017) (cont’d)**

**Learning outcome 4**

**You will:** Understand the use of music during circuit training sessions

You must:

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| **4.1 Describe licensing requirements that cover the use of music** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **4.2 Describe the importance of music and considerations to make for circuit training sessions** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **4.3 Identify the reasons and risks of using a microphone during circuit training sessions** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 01 Planning circuit training sessions (F/617/4017) (cont’d)**

**Learning outcome 5**

**You will:** Be able to plan a safe and effective circuit training session

You must:

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| **5.1 Plan the aims and objectives of the session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **5.2 Plan the equipment and the training environment** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **5.3 Plan the structure and content of the circuit training session**  |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 01 Planning circuit training sessions (F/617/4017) (cont’d)**

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| **5.4 Plan exercise adaptations, alternatives and modifications** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 6**

**You will:** Understand how to instruct safe and effective circuit training sessions

You must:

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| **6.1 Explain the importance of correct demonstrations and clear instruction** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **6.2 Describe ways to observe and monitor performance** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 01 Planning circuit training sessions (F/617/4017) (cont’d)**

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| **6.3 Explain ways to improve, correct and reinforce technique** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **6.4 Explain ways to engage and motivate participants during circuit training sessions** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 02 Instructing circuit training sessions (J/617/4018)**

**Learning outcome 1**

**You will:** Be able to prepare for a circuit training session

You must:

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| **1.1 Prepare self for a circuit training session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **1.2 Prepare the environment for a circuit training session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **1.3 Prepare the equipment for a circuit training session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 02 Instructing circuit training sessions (J/617/4018) (cont’d)**

**Learning outcome 2**

**You will:** Be able to prepare participants for a circuit training session

You must:

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| --- |
| **2.1 Welcome and make participants feel at ease** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **2.2 Carry out pre-exercise screening with participants** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| --- |
| **2.3 Provide key safety information to participants** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 02 Instructing circuit training sessions (J/617/4018) (cont’d)**

**Learning outcome 3**

**You will:** Be able to deliver a safe and effective circuit training session

You must:

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| **3.1 Provide an introduction to the circuit training session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.2 Deliver a safe and effective circuit training session, to include:** * **warm-up**
* **main training component**
* **cool-down and stretches**
 |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 02 Instructing circuit training sessions (J/617/4018) (cont’d)**

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| **3.3 Give clear instructions and correct demonstrations of circuit exercises** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.4 Manage the class safely and effectively** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.5 Demonstrate a range of effective verbal/non-verbal communication techniques** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 02 Instructing circuit training sessions (J/617/4018) (cont’d)**

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| **3.6 Provide motivation and encouragement to participants throughout the session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.7 Manage the overall session timings** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.8 Conclude the session and leave the environment in a safe, suitable condition, ready for further use** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 02 Instructing circuit training sessions (J/617/4018) (cont’d)**

**Learning outcome 4**

**You will:** Be able to evaluate and reflect on a circuit training session

You must:

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| **4.1 Provide feedback to participants on their performance during the session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **4.2 Gain feedback from participants about the circuit training session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **4.3 Evaluate the session and reflect on own performance** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 02 Instructing circuit training sessions (J/617/4018) (cont’d)**

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| **4.4 Plan improvements for personal performance and future sessions** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |