

# Learner workbook

**NCFE Level 2 Award in Instructing Circuit  
Training QN: 603/3934/2**

Learner name: .....

Centre number: .....

Centre name: .....

Tutor name: .....

Start date: .....

**Signatures**

Learner: .....

Assessor: .....

Internal quality assurer (IQA)\*: .....

External quality assurer (EQA)\*: .....

\* 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)

## Overview

This unit covers the knowledge and skills an instructor needs to be able to plan safe and effective circuit training sessions.

This booklet allows opportunities to provide evidence for assessment criteria 1.1 to 6.4. To support your evidence, the following websites may support you with some important information to complete the tasks:

- [www.acsm.org](http://www.acsm.org)
- [www.fitnessindustryeducation.com](http://www.fitnessindustryeducation.com)
- [www.bases.org.uk](http://www.bases.org.uk)

## Supporting evidence

Ensure that all the evidence is available for viewing by the Internal and External Quality Assurer.

# Unit 01 Workbook

After completing your assessment, please return it to your tutor.

**Advice to all learners**

- please complete your personal details and learner declaration below
- complete all questions in this assessment
- write your answers in the spaces provided
- add any additional work for any of the questions on plain paper and attach to this assessment
- if you need guidance or assistance, please contact your tutor

**Learner declaration**

I have completed all sections of this assessment and I confirm that this is my own work.

Signature: .....

Date: .....

**Assessor:** .....

**IQA:** .....

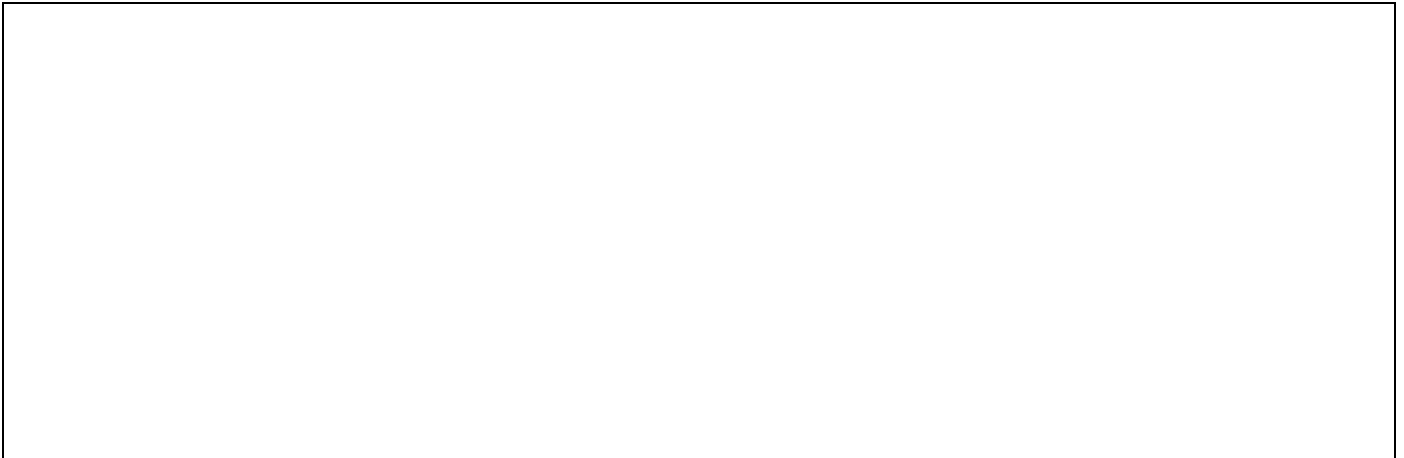
**Achieved:** .....

**Not yet achieved:** .....

# Learning outcome 1

Understand the benefits, uses and principles of circuit training

**Task 1: Define circuit training (1.1)**



**Task 2 Describe the benefits of circuit training sessions in terms of the following: (1.2)**

<b>Benefits</b>	<b>Description</b>
<b>Physical</b>	
<b>Instructor</b>	
<b>Participant</b>	
<b>Logistics</b>	

**Task 3: Describe the training effects from circuit training which can be gained by taking part regularly in circuit training (1.3)**



## Evidence sheet

Assessment criteria	Assessor comments
1.1	
1.2	
1.3	

<b>Assessor signature:</b>	
<b>IQA signature:</b>	
<b>Date:</b>	

## Learning outcome 2

### Understand the health and safety considerations for circuit training sessions

**Task 1: Explain safety considerations for the below in relation to circuit training sessions (2.1)**

<b>Considerations</b>	<b>Explanation</b>
Environment	
Equipment	
Participants	



**Task 2: Explain the potential risks to participants during circuit training sessions and the precautions to take to minimise them (2.2)**

Risks	Precautions	Explanation

**Task 3: Describe the possible contraindications for participants taking part in a circuit training session (2.3)**



## Evidence sheet

Assessment criteria	Assessor comments
2.1	
2.2	
2.3	

<b>Assessor signature:</b>	
<b>IQA signature:</b>	
<b>Date:</b>	

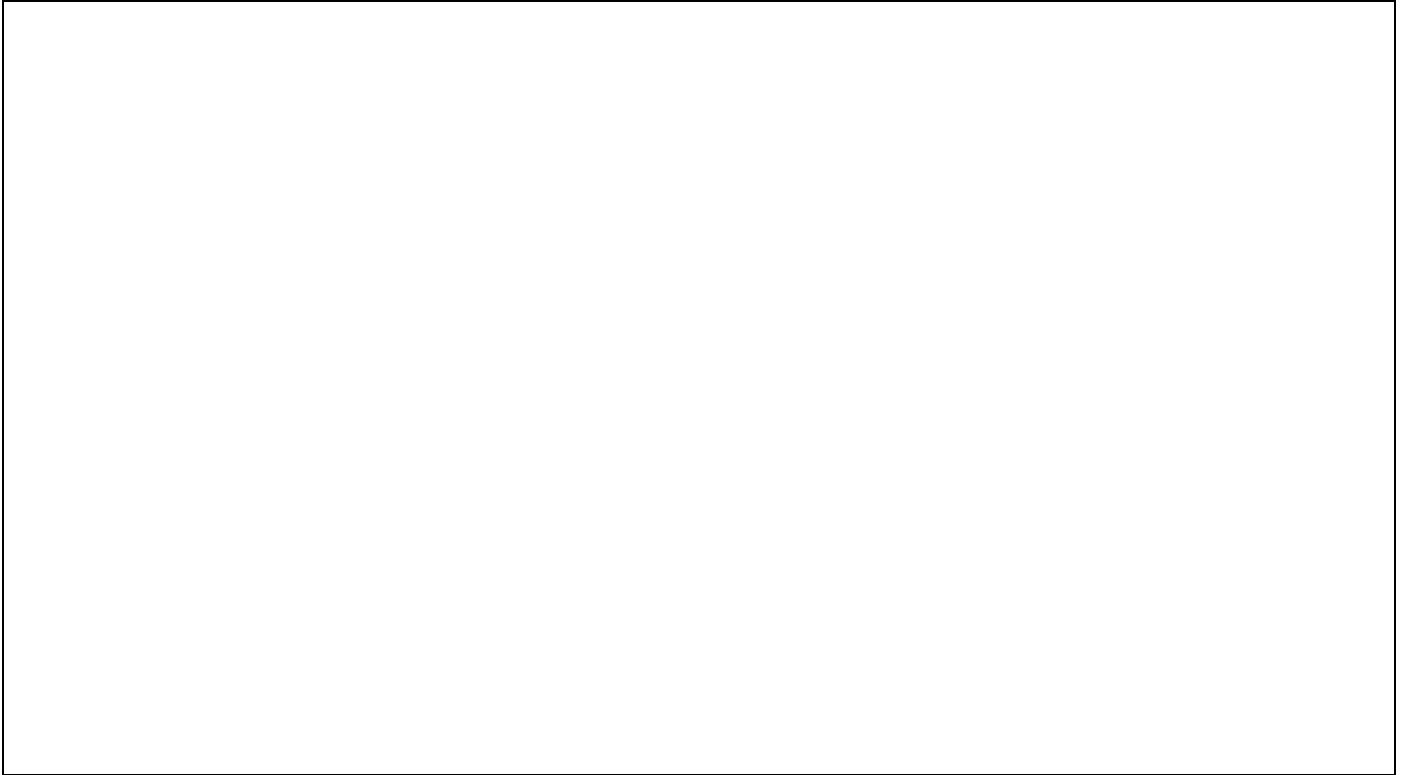
## Learning outcome 3

### Understand the techniques to use in circuit training sessions

**Task 1: Describe the different methods of circuit training which can be used (3.1) and describe different types of circuit training layouts (3.2)**

Method	Description	Example layout

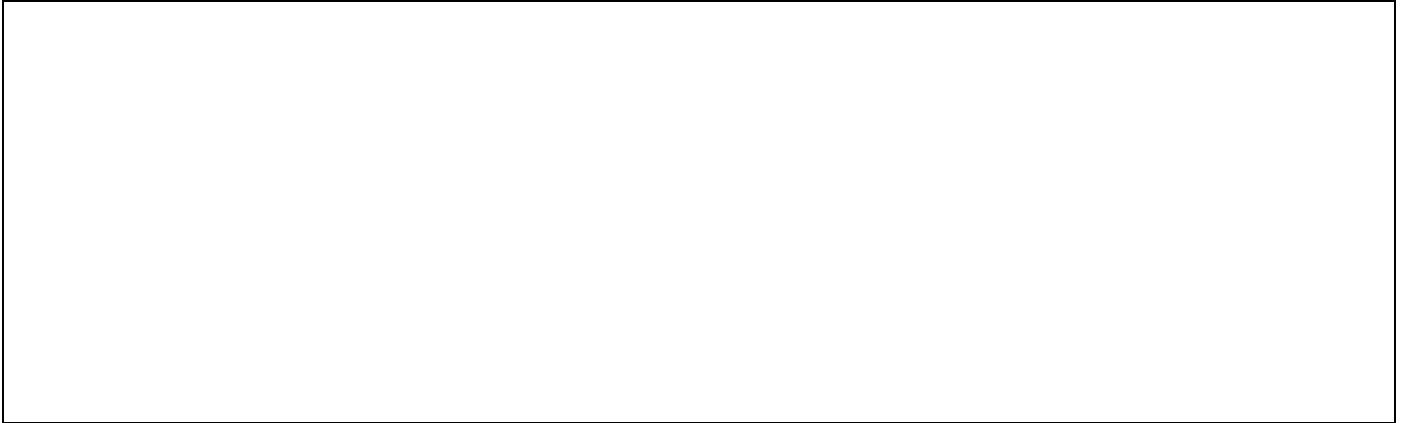
**Task 2: Identify below ways of varying the intensity of circuit training sessions (3.3)**

A large, empty rectangular box with a thin black border, intended for the student to write their answers to the task. The box is currently blank.

**Task 3: Describe a range of circuit training exercises (3.4)**

Exercise	Muscles used	Teaching points

**Task 4: Identify a range of equipment that could be used during a circuit training session (3.5)**



## Evidence sheet

Assessment criteria	Assessor comments
3.1	
3.2	
3.3	
3.4	
3.5	

<b>Assessor signature:</b>	
<b>IQA signature:</b>	
<b>Date:</b>	



## **Learning outcome 4**

### **Understand the use of music during circuit training sessions**

**Task 1: Describe the licensing requirements that cover the use of music (4.1)**

**Task 2: Describe the importance of music and the considerations to make for circuit training sessions (4.2)**

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**Task 3: Identify the reasons and risks of using a microphone during training sessions (4.3)**

Reasons	Risks

## Evidence sheet

<b>Assessment Criteria</b>	<b>Assessor Comments</b>
4.1	
4.2	
4.3	

<b>Assessor signature:</b>	
<b>IQA signature:</b>	
<b>Date:</b>	

## Learning outcome 5

### Be able to plan a safe and effective circuit training session

In this learning outcome, begin to plan for the circuit training session you will be assessed on as part of the qualification. You must plan for a minimum of four participants and a 30-minute session.

If you would prefer to design and record your plan in an alternative format, feel free to do so. Just ensure that it clearly covers the assessment criteria below.

**Task 1: Plan the aims and objectives of your circuit training session.  
(5.1)**

Aims	Objectives

**Task 2: Plan the equipment needed, and the training environment to be used, for your circuit training session (5.2)**

Equipment	Environment

**Task 3: Plan the structure and content of your circuit training session (5.3) and plan your exercise adaptations, alternatives and modifications (5.4)**

Warm-up	Exercise modifications

<b>Main session (to include methods, layout, exercises, equipment, etc)</b>	<b>Exercise modifications</b>

<b>Cool-down</b>	<b>Exercise modifications</b>

## Evidence sheet

Assessment Criteria	Assessor Comments
5.1	
5.2	
5.3	
5.4	

<b>Assessor signature:</b>	
<b>IQA signature:</b>	
<b>Date:</b>	



## **Learning outcome 6**

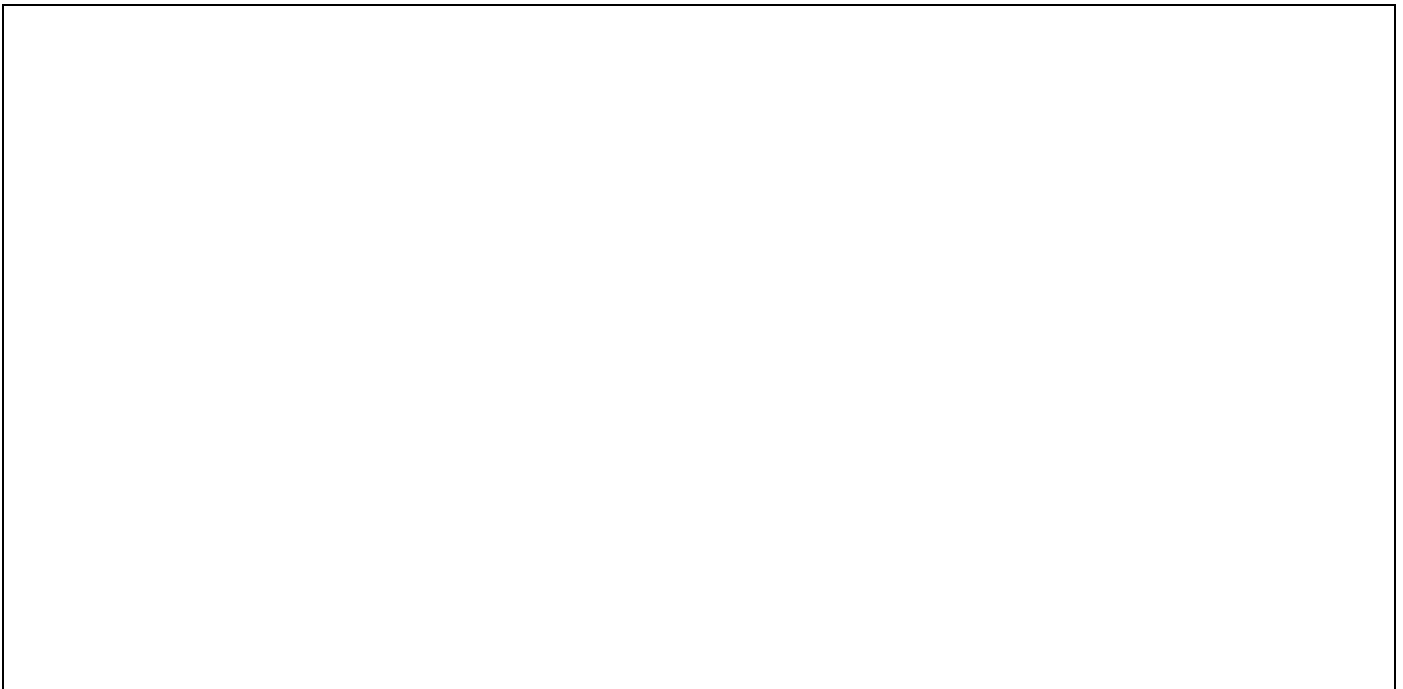
### **Understand how to instruct safe and effective circuit training sessions**

**Task 1 Explain the importance of correct demonstrations and clear instruction (6.1) and explain ways to improve, correct and reinforce technique (6.3)**

**Task 2: Describe ways to observe and monitor performance (6.2)**



**Task 3: Explain ways to engage and motivate participants during circuit training sessions (6.4)**



## Evidence sheet

<b>Assessment Criteria</b>	<b>Assessor Comments</b>
6.1	
6.2	
6.3	
6.4	

<b>Assessor signature:</b>	
<b>IQA signature:</b>	
<b>Date:</b>	

**Well done!**

**You have completed all the tasks. Hand them in to your tutor for feedback.**

# Feedback form

## Assessment decision

Achieved

Not yet achieved

### Comments/feedback

<b>Comments/feedback</b>

<b>Assessor signature:</b>		<b>Date:</b>
<b>Learner signature:</b>		<b>Date:</b>
<b>IQA signature:</b>		<b>Date:</b>
<b>EQA signature:</b>		<b>Date:</b>

## Contact us

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Version 1.0 March 2019

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