

Learner workbook

**NCFE Level 2 Award in Instructing Kettlebell
Training QN: 603/3935/4**

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 kettlebell training sessions
(J/617/4021)

Overview

This unit covers the knowledge and skills an instructor needs to be able to plan safe and effective kettlebell 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
- www.fitnessindustryeducation.com
- 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
<ul style="list-style-type: none"> • 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
<p>I have completed all sections of this assessment and I confirm that this is my own work.</p> <p>Signature:</p> <p>Date:</p>

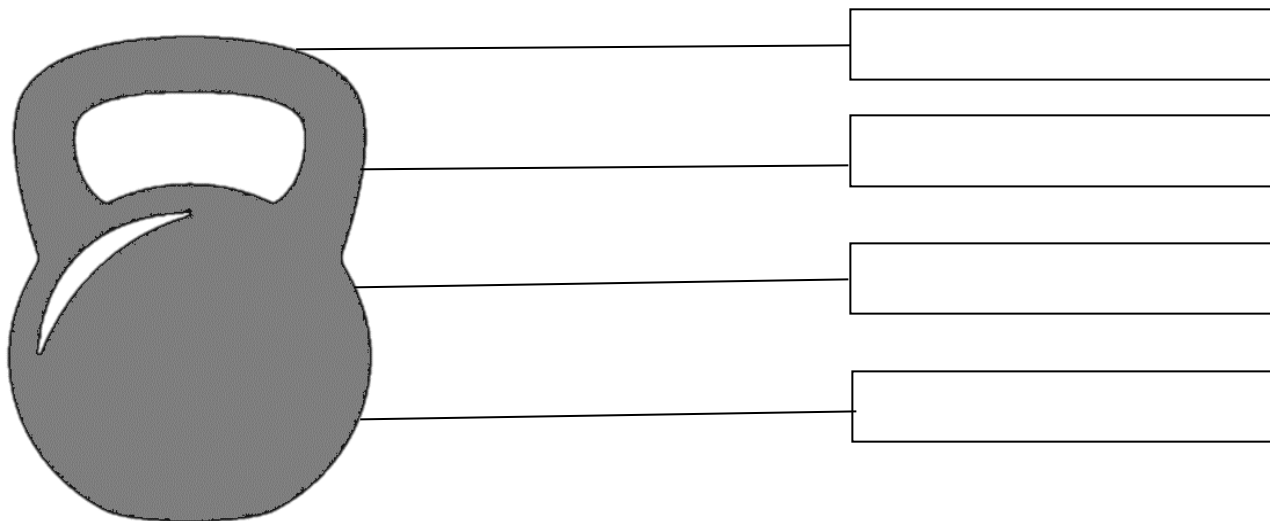
<p>Assessor:</p> <p>IQA:</p>
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<p>Achieved:</p> <p>Not yet achieved:</p>

Learning outcome 1

Understand the benefits, uses and principles of kettlebell training

Task 1: Identify the components of a kettlebell (1.1)



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

Benefits	Description
Physical	
Instructor	
Participant	

Task 3: Describe the training effects possible from kettlebell training (1.3)



Evidence sheet

Assessment criteria	Assessor comments
1.1	
1.2	
1.3	

Assessor signature:	
IQA signature:	
Date:	

Learning outcome 2**Understand the health and safety considerations for circuit training sessions****Task 1: Explain safety considerations for kettlebell training sessions (2.1)**

Considerations	Explanation
Environment	
Equipment	
Participants	

Task 2: Explain the potential risks associated with the use of a kettlebell and the precautions to take (2.2)

Risks	Precautions	Explanation

Task 3: Describe the possible contraindications to kettlebell training (2.3)



Evidence sheet

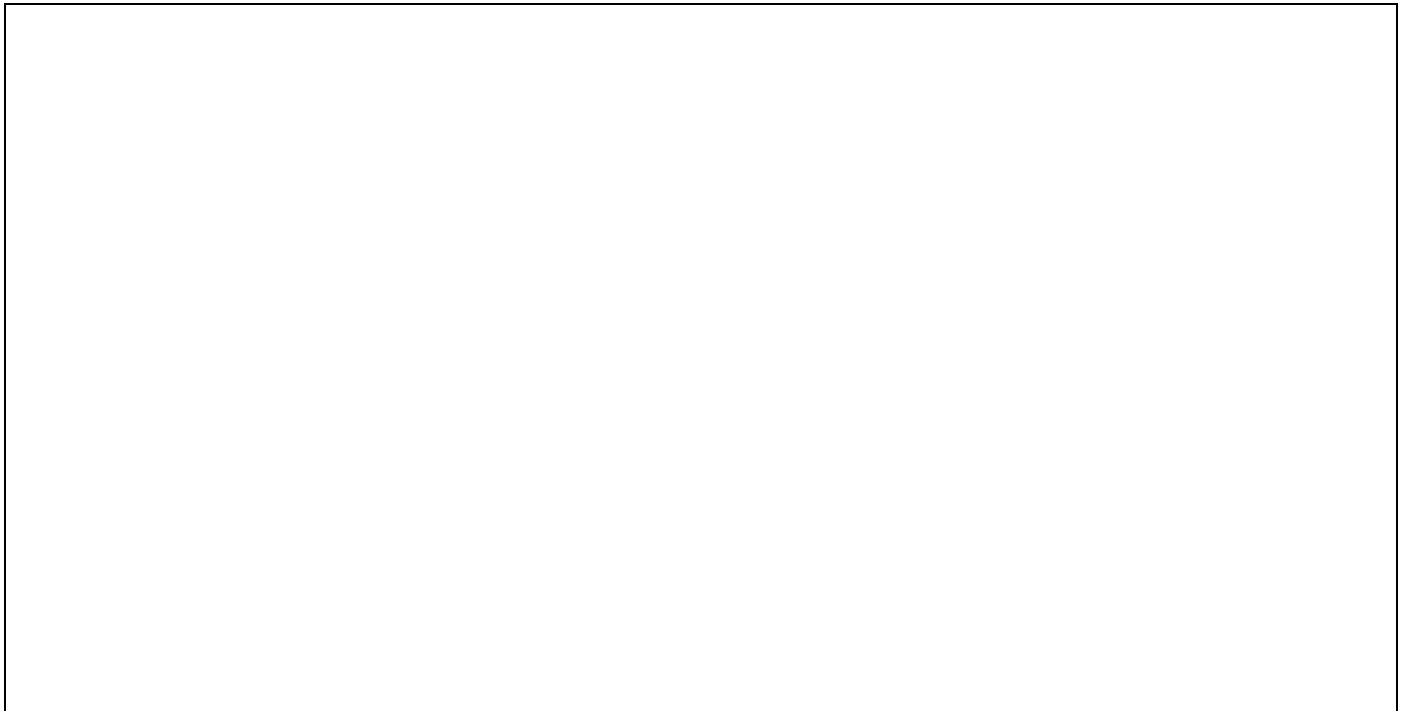
Assessment criteria	Assessor comments
2.1	
2.2	
2.3	

Assessor signature:	
IQA signature:	
Date:	

Learning outcome 3

Understand the techniques to use in kettlebell training sessions

Task 1: Describe the uses for a kettlebell and how they can be incorporated into other training sessions (3.1)



Task 2: Describe the different exercises, movements and lifts using a kettlebell (3.2)

Basic exercises	Teaching points	Alternative name(s)
Int/Adv exercises	Teaching points	Alternative name(s)

Task 3: Identify below ways of varying the intensity of a kettlebell training s training session (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.

Evidence sheet

Assessment criteria	Assessor comments
3.1	
3.2	
3.3	

Assessor signature:	
IQA signature:	
Date:	

Learning outcome 4

Understand the use of music during kettlebell training sessions

Task 1: Describe the licensing requirements that cover the use of music during kettlebell training sessions (4.1)



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

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

Reasons	Risks

Evidence sheet

Assessment Criteria	Assessor Comments
4.1	
4.2	
4.3	
Assessor signature:	
IQA signature:	
Date:	

Learning outcome 5**Be able to plan a safe and effective kettlebell training session**

In this learning outcome, begin to plan for the kettlebell 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 kettlebell training session (5.1)

Aims	Objectives

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

Equipment	Environment

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

Warm-up	Exercise modifications

Main session (to include exercises, order of exercises, timings, weight, sets/ reps and recovery periods)	Exercise modifications

Cool-down	Exercise modifications

Evidence sheet

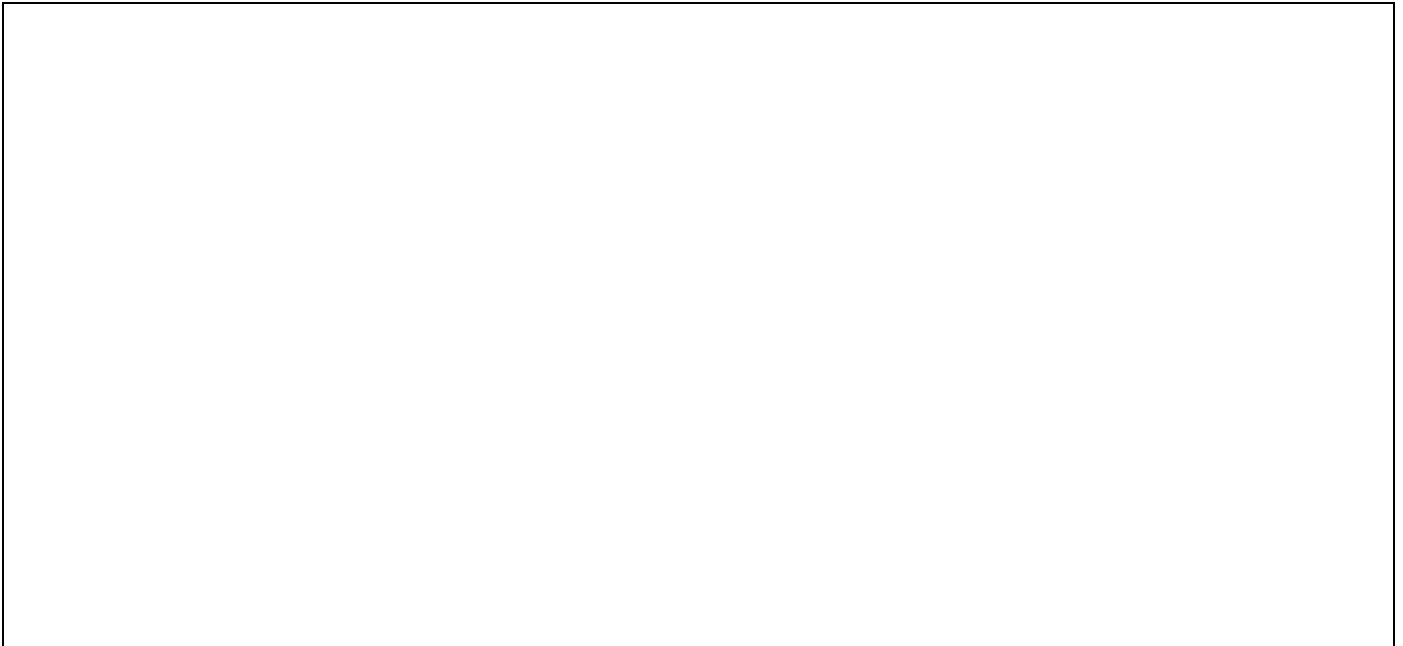
Assessment Criteria	Assessor Comments
5.1	
5.2	
5.3	
5.4	

Assessor signature:	
IQA signature:	
Date:	

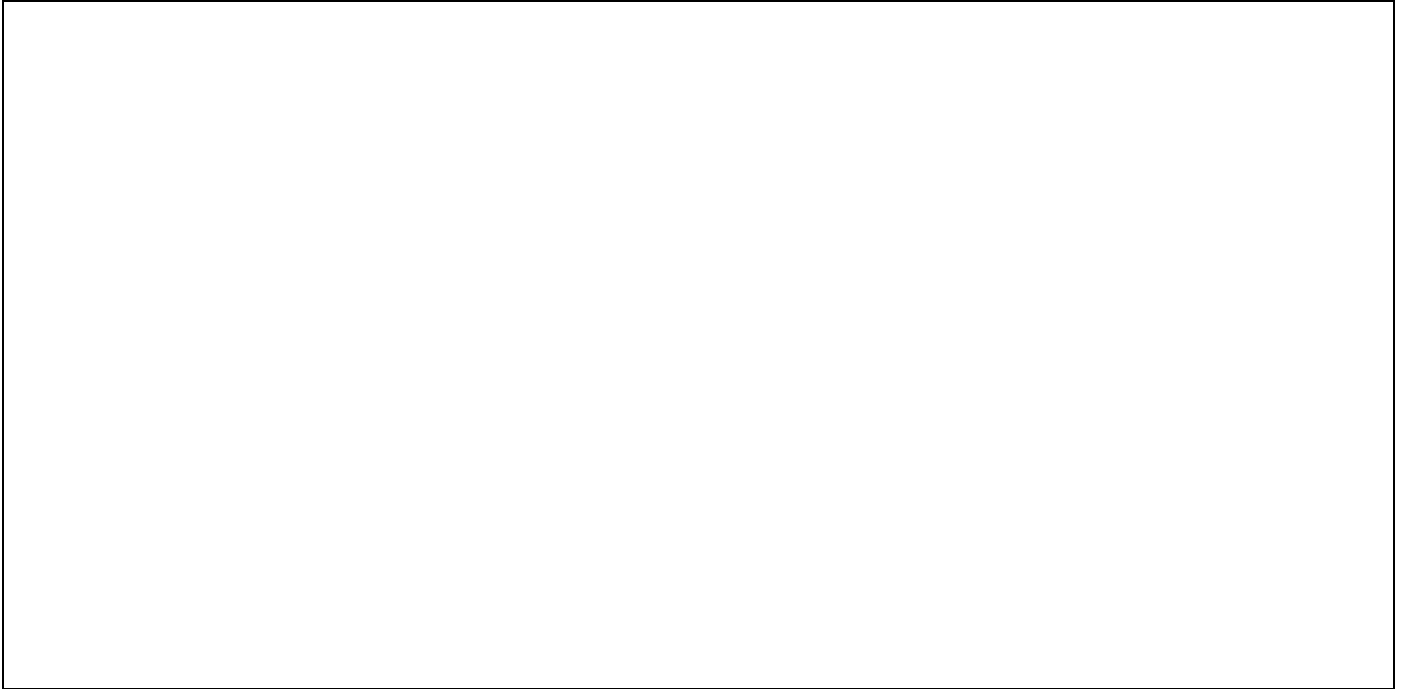
Learning outcome 6

Understand how to instruct safe and effective kettlebell training sessions

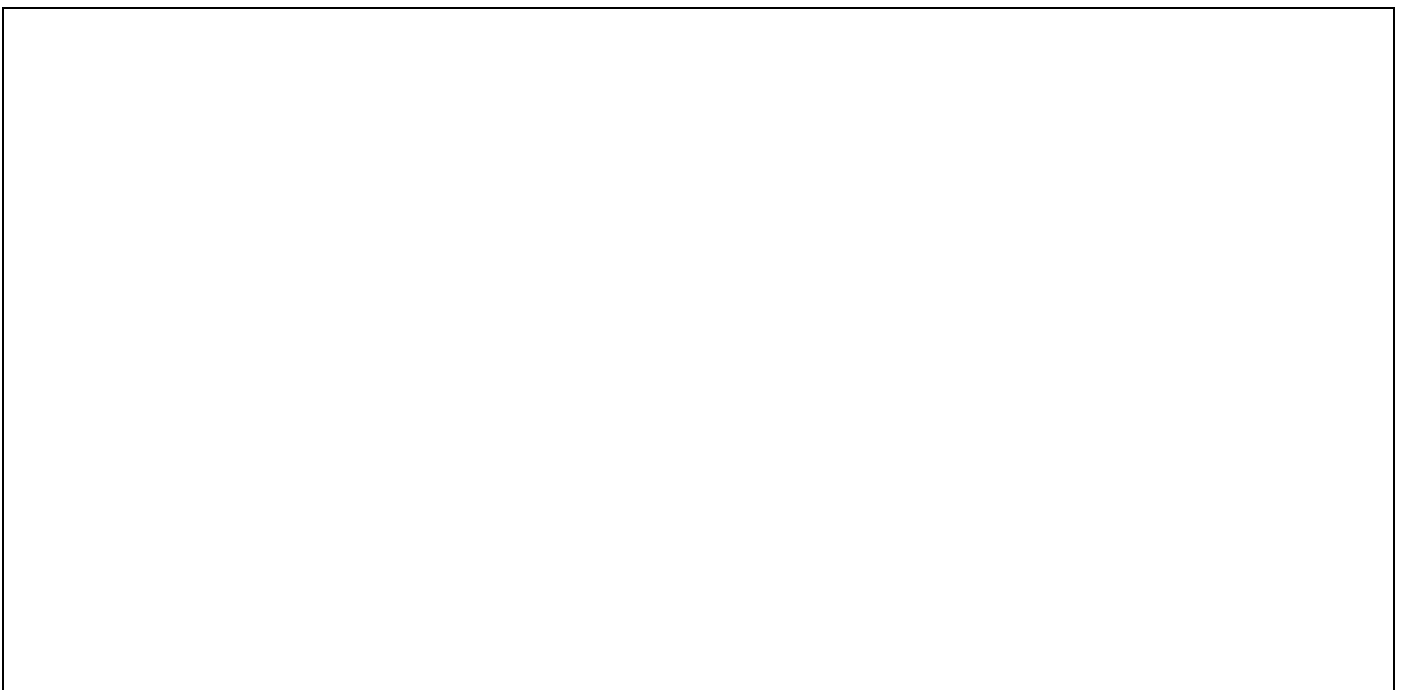
Task 1 Explain the importance of correct demonstrations and clear instruction (6.1)



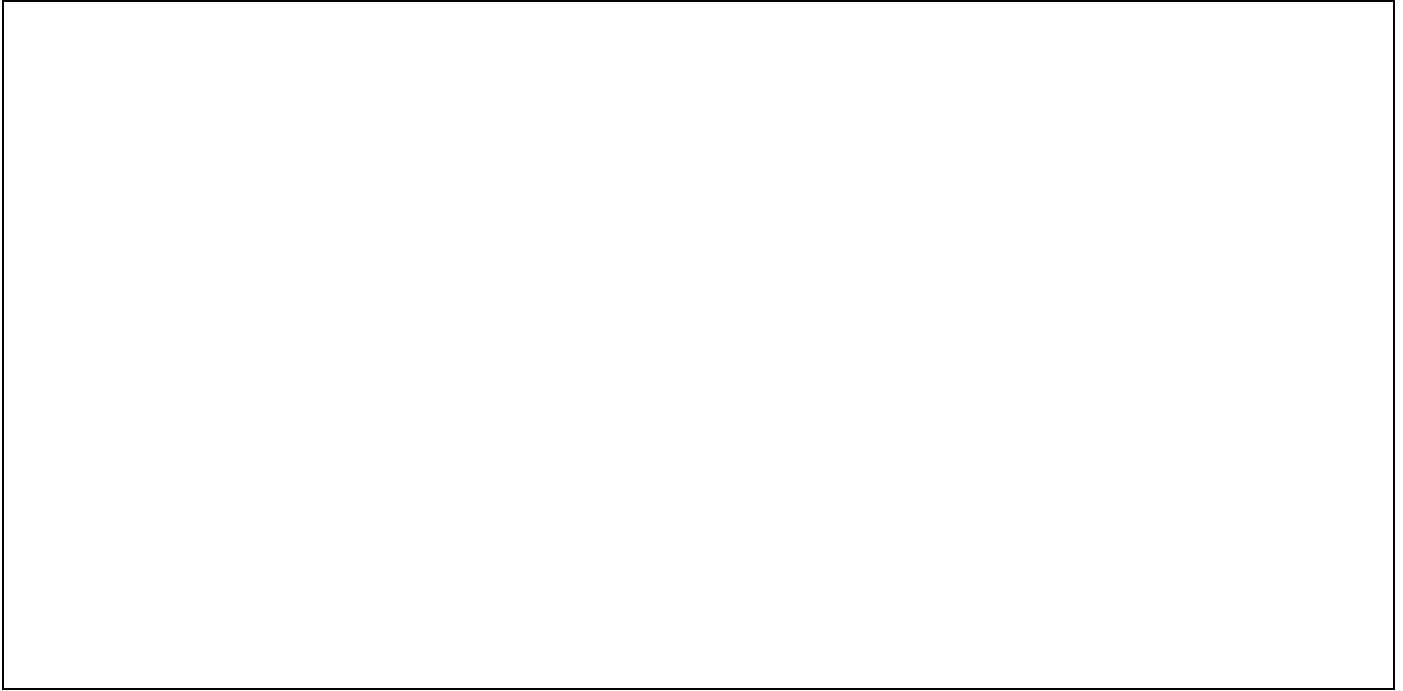
Task 2: Describe ways to observe and monitor performance (6.2)



Task 3: Explain ways to improve, correct and and reinforce technique(6.3)



Task 4: Explain ways to engage and motivate participants during kettlebell training sessions (6.4)



Evidence sheet

Assessment Criteria	Assessor Comments
6.1	
6.2	
6.3	
6.4	

Assessor signature:	
IQA signature:	
Date:	

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	

Assessor signature:		Date:
Learner signature:		Date:
IQA signature:		Date:
EQA signature:		Date:

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