

BECOME A GROUP EXERCISE FITNESS INSTRUCTOR (L2 ETM) (aerobics)



Location

Yorkshire and the Humber, North Humberside

<https://www.freeadsz.co.uk/x-330448-z>



This course is designed by fitness and medical professionals and will allow you to teach Aerobics, Legs, bums, tums and for those of you wanting to go on and teach Body Combat and other Les Mills instructor trainings. Students study the anatomy, physiology and other theory modules as E-learning. This is done through a variety of interactive videos and resources. Students work at their own pace and have their educational supervisors for constant support throughout. Students are expected to then attend 3 weekends of face to face teaching. The weekends will be used to consolidate the learning from e learning and focuses mainly on the practical aspects of the qualification. The course starts on: 28th May At: David Lloyd in Hull Price; £599 which can be spread over 3months interest free payments. Learners will cover all aspects of anatomy and physiology I the heart and circulatory system. Plus how to plan and teach a group exercise to music session safely and effectively. Assessment: theory paper and practical class plan ;



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