



Certification: Level 2 Award in Instructing Kettlebells

The content in this course focuses on how instructors can teach key kettlebell exercises safely and effectively, to clients of all abilities. We have combined the knowledge and experience of some of the leading coaches and instructors from across the country to produce a course that we believe provides the underpinning knowledge to successfully integrate kettlebell training into an individual's training programme.

There are interactive activities throughout the course. These encourage improved learning and retention as well as providing evidence for some of the competencies that learners are required to complete the qualification.

What will I learn?

Topics on the course include:

- Kettlebell training theory
- Kettlebell training safety
- Warm up and cool down

Kettlebell exercises: the course focuses on single kettlebell exercises, which lay the foundations for more advanced kettlebell exercises that instructors may want to use in the future. The course covers 7 Kettlebell exercises.

British Weight Lifting have integrated a technical breakdown of the key positions for each kettlebell lift, which includes objective teaching points that can be used for any client, irrespective of their anthropometry.

This section of the course also covers:

- Programming fundamentals
- Planning a kettlebell training session

For more information on the course topics please [click here](#)

This online course has no practical assessment. Learners are required to complete self-assessed activities throughout each section of the course, before completing a final online assessment. Once the assessment is successfully completed learners will receive a certificate.

What does this course qualify me to do?

The Level 2 Award in Instructing Kettlebells provides the underpinning knowledge to successfully integrate kettlebell training into an individual's training programme.

Prerequisites

Learners must hold a level 2 Fitness Instructing qualification, must be at least 16 years of age when booking and be able to communicate effectively in English.

Online learning only

Length of Course: 8 - 12 hours

Price of course

Standard Price: £145 + VAT
Member Price: £138 + VAT