CYQ Award in Studio Resistance

The CYQ Award in Studio Resistance Training will provide you with the necessary skills and knowledge to plan and teach an effective studio based resistance class to beginner, intermediate and advanced groups. The qualification is open as a progression route to learners who have completed the Gym Instructor or Exercise to Music qualification.

**What does the course cover?**

- Guidelines to Planning, Teaching and Instruction

- Studio Resistance Training Approaches & Techniques

- How to Set Up a Studio Resistance Class

- Appropriate Health & Safety Considerations

- Effective use of Music

**How is the course delivered?**

The course lasts for two days and consists of a mix of theory sessions, practical workshops and formatively assessed teaching workshops.

**How is the course assessed?**

- Practical assessment (plan, teach, evaluate)

- Worksheets (completed during course)