

# Exercise to Music Instructor

Group exercise to music classes feature heavily on studio timetables across the world. This Exercise to Music Instructor qualification gives you all the practical skills and knowledge you need to launch an active career as a group exercise instructor. The Exercise to Music Instructor course is jam-packed with the latest choreography and training techniques so you can teach fun and exciting group exercise classes to all ability levels.

For those of you who want to deliver fun and exciting studio classes, the Exercise to Music Instructor (ETM) Certificate is a must. You will gain all the practical skills and confidence you need to plan and teach group exercise classes. You will learn how to add choreography to your routines allowing you to add creativity to your classes, meaning your customers are never bored of their routines.

## Who is it for?

- Group exercise enthusiasts who want to qualify as an instructor
- Fitness instructors looking for variety and a way of increasing their income
- Personal trainers looking to add variety to their work, another revenue stream and a way of meeting more potential clients
- Anyone looking to be a Les Mills Instructor

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## What are the benefits?

- Anatomy and Physiology online – so you can get started today!
- Online support, webinars, interactive tasks and manuals available to download as soon as you sign up
- Latest information, research and education standards
- Your route to becoming a Les Mills Instructor

## What will I learn?

### Level 2 Anatomy and Physiology

- The structure and function of the body (Anatomy and Physiology)
- How the structure and function of the body affect exercise programming

### Level 2 Exercise to Music

- Use of Music
- Essential Teaching Skills
- Choreography
- Preparing People for Exercise
- Class Design and Structure
- Muscular Strength and Endurance Training
- Cardiovascular Training
- Relaxation and Stretching
- Health and Safety

## Level and pre-requisites

This is a REPS Level 2 qualification. There are no pre-requisites but we recommend that you have participated in exercise to music classes before attending.

## Why Lifetime?

- All tutors are of the highest standard and have experience as personal trainers
- Instant access to online learning to enhance your understanding
- Latest information, research and education standards
- Quality, up to date workbooks and reference materials written by experts in the field

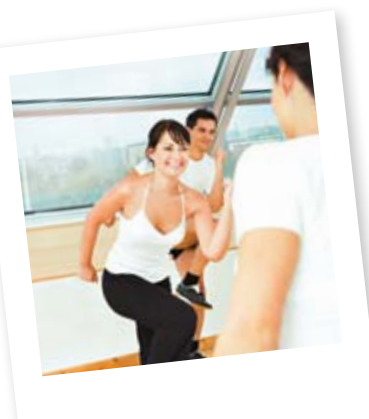
## Course duration and delivery

- You could expect to complete the course in three months.
- Level 2 Anatomy and Physiology: home study and online learning
- Exercise to Music Instructor: practical and theory learned through mixture of four days in the classroom and gym, plus home/online study

## What qualifications/certificates will I receive?

- ✔ Lifetime Awarding Level 2 Certificate in Fitness Instructing (Exercise to Music)

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## How will I be assessed?

- **Level 2 Anatomy and Physiology:** theory exam
- **Level 2 Exercise to Music Instructor:** Practical assessment plus associated paperwork
- **Level 2 Core Units:** completion of a workbook unless you have recognised prior learning

## Register of Exercise Professionals (REFs)

This will give you entry onto the Register of Exercise Professionals (REFs) at Level 2. You will also earn 20 CPD points.



## Where can I go from here?

- Les Mills Instructor
- Older Adults Specialist
- Ante and Post Natal Specialist
- Group Exercise Specialist
- Personal Training Diploma (for current instructors)

Visit [www.lifetimetraining.co.uk/trainingcourses](http://www.lifetimetraining.co.uk/trainingcourses) to find out more.

