Rotherham College

Sport

Circuit Sessions

Campus: North Notts College - Worksop Campus
Code: W14AC03

About This Course

Ideal for those passionate about fitness, this course covers the fundamentals of circuit training, helping you develop the skills to plan, instruct, and evaluate sessions effectively. Whether you aim to enhance your personal fitness or pursue a career in fitness instruction, this course lays the foundation for success.

What Will I Study?

Learn

key skills to effectively lead circuit training sessions:

- Principles

  of circuit training

- Structuring

and planning circuit-based sessions

- Effective

  coaching techniques for varying fitness levels

- Safety

  considerations and risk assessment

- Practical

  delivery of circuit

  training

Why Study Here?

At

North Notts College, you’ll gain practical skills in a supportive environment,

with access to expert instructors and modern fitness resources.

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Expert

instructors with real-world fitness experience

- Practical,

  hands-on learning in fully equipped facilities

- Supportive

  atmosphere to help you achieve your goals

Entry Requirements

No requirements

How To Apply

You can apply using our online application form and clicking the **Apply Now** button at the top of this page.

For more information support with your enquiry or application please contact Student Services by emailing contact@nnc.ac.uk or by calling **01909 504500**.

Tuition Fees

Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify.

If you need further advice or guidance please contact the Enquiries Team on **01909 504500 .**

Additional Information

The course runs for four weeks.

PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2024-25. However, we do reserve the right to make changes if necessary..

Last updated: 24th November 2026