

**Active IQ Level 2
Certificate in Fitness
Instructing (ETM)**

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With Choreographytogo



Active IQ Level 2 Certificate in Fitness Instructing (ETM)

Ofqual Accreditation Number 500/8756/3

Choreography To go Fitness Education Training Provider.

Choreography To Go is owned by Rachel Holmes and has been providing Fitness Education workshops, training, events and courses since 2002.

In 2007 Choreography To Go became endorsed by Active IQ as an official provider to deliver Level 2 and Level 3 Fitness Qualifications.

Please read through our brochure for more information.



Why train with Choreography To Go?

The aim of this qualification is to train learners to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise classes in a health club environment



We pride ourselves on educating our learners to the highest standard and maintain a 98% pass rate across our nationwide courses.



We guarantee your success and will do everything possible to provide a fabulous learning experience.



Choreographytogo is an Active IQ Training Provider and Endorsed By CIMSPA. We advocate and work closely with CIMSPA in furthering educational standards in the fitness industry.

CIMSPA
ENDORSED

Active iQ

Rachel Holmes



Choreographytogo Director and Founder.

Rachel Holmes has 33 years experience as a Fitness Educator and International Presenter and has written additional training lectures and modules supporting your Pilates learning journey.



 Rachel@choreographytogo.com
 [@rachellholmes](https://www.instagram.com/rachellholmes)

Kelly Reed-Banks



Head Course Tutor.

International Presenter Kelly Reed-Banks delivers the course and works with you from the moment you book, providing ongoing support and guidance to well after you have passed and are teaching.

 Kelly@choreographytogo.com
 [@kellyreedfitness](https://www.instagram.com/kellyreedfitness)

Entry Requirements

Some experience of studio-based exercise classes is highly recommended.

The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.

There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.



What does this course entail?

- **Anatomy and Physiology level 2** * this is an invigilated exam – with an invigilator in your area*
We organise an invigilator and venue for your exam.
- **Instruct a 60 minute ETM class** which is filmed as part of your assessment.
- **Session planning** – par q / risk assessment / session plan introduction/ evaluate the session.
- **Principles of Exercise, Fitness and Health** Internal theory assessment.
- **Completion of the portfolio (LAP)**

This course is assessed by

Coursework/Project, Multiple Choice Examination,
Portfolio of Evidence, Practical Demonstration/
Assignment/Assessment.



FAQ

1. Is there a time limit to complete the course?

Yes you must complete within 2 years.

2. Will I be assigned an online tutor to help me?

Yes, you will be assigned a tutor which will be Kelly Reed-Banks Kelly@Choreographytogo.com

3. How many REPs points does this course receive?

20 Points and it is a Level 2 course.

4. Is the course nationally recognised?

Yes. Please check the ActiveIQ.co.uk (awarding body) website for details.

5. Will I be insured when I have been passed?

Yes, you will forward your certificate onto your insurance provider. Choreographytogo advises using the FITPRO insurance scheme.

6. Is Choreographytogo LTD a recognised Fitness Training Provider

Yes. Via ActiveIQ and Cimspace

Questions?

For more information on our training please contact:
Kelly@Choreographytogo.com

Sign up to our Newsletters for updates:

Fitness Pilates: <https://www.choreographytogo.com/fitness-pilates-newsletter/>

Choreographytogo: <https://www.choreographytogo.com/c2go-newsletter/>





Other Courses from C2GO

Active IQ Level 2 Certificate in Fitness Instructing (ETM)
Ofqual Accreditation Number 500/8756/3

Active IQ Level 2 Certificate in Fitness Instructing (Gym)
Ofqual Accreditation Number 500/8756/3

Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness
(Aqua)
Ofqual Accreditation Number 500/9640/0

Active IQ Level 2 Award in Adapting Fitness Instruction for
Adolescents
Ofqual Accreditation Number 500/7244/4

Active IQ Level 2 NVQ Diploma in Instructing Exercise and Fitness
(Children)
Ofqual Accreditation Number 500/9640/0

Active IQ Level 3 Award in Designing Pre and Post Natal Exercise
Programmes
Ofqual Accreditation Number 500/6776/X

Active IQ Level 3 Diploma in Personal Training
Ofqual Accreditation Number 603/0895/3

Active IQ Level 3 Diploma in Instructing Pilates Matwork
Ofqual Accreditation Number 501/1778/6

Active IQ Level 2 Award In Instructing Kettlebells
Ofqual Accreditation Number 600/4089/0

Active IQ Level 3 Award in Nutrition for Exercise and Health
Ofqual Accreditation Number 603/2784/4



Thank you for choosing your learning provider
choreographytogo.com

