



# Active IQ Level 2 Award In Instructing Kettlebells

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With Choreographytogo



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

**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, who already have knowledge and skills in fitness instruction, to a professionally competent level to plan and deliver safe and effective kettlebell exercises and training sessions.



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

# Entry Requirements

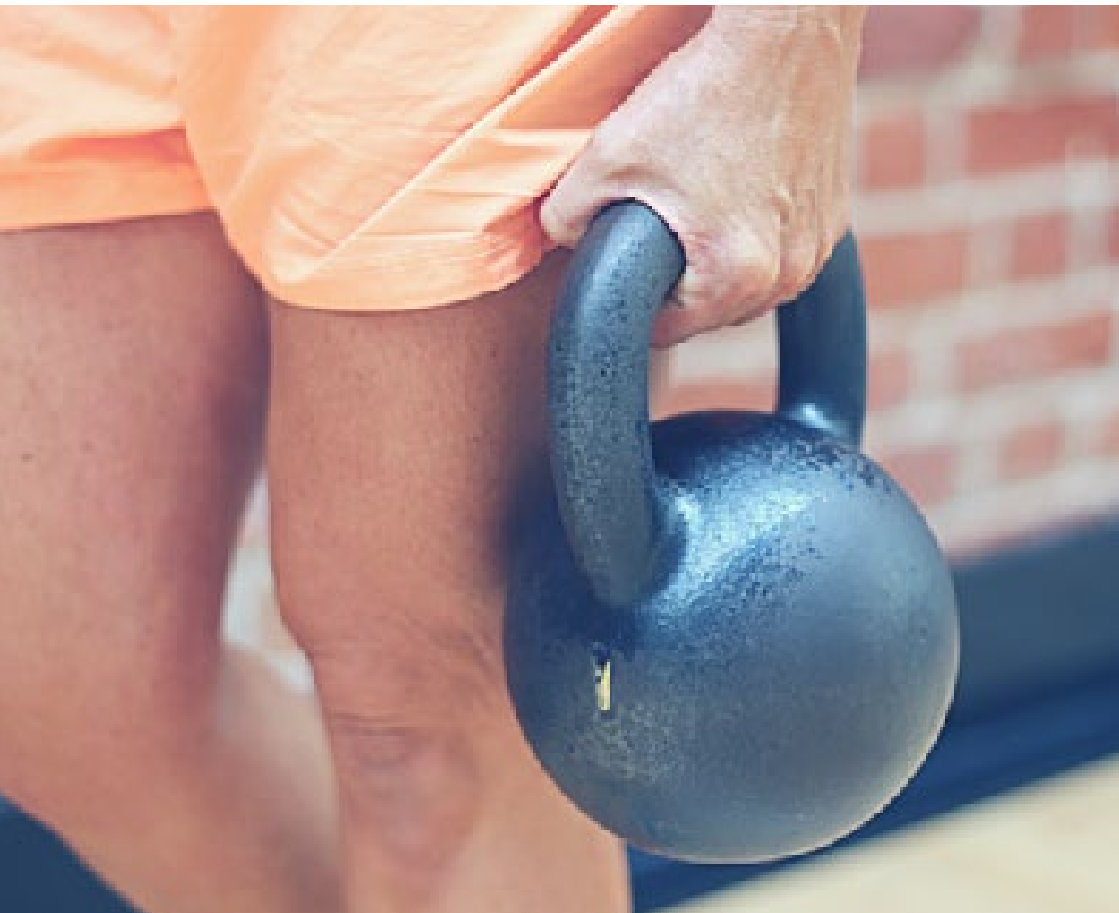
- A suitable Level 2 Fitness Instructing qualification e.g. Active IQ Level 2 Certificate in Fitness Instructing.
- Some experience of kettlebell training is useful.



# What does this course entail?

The Online course syllabus consists of two mandatory units:

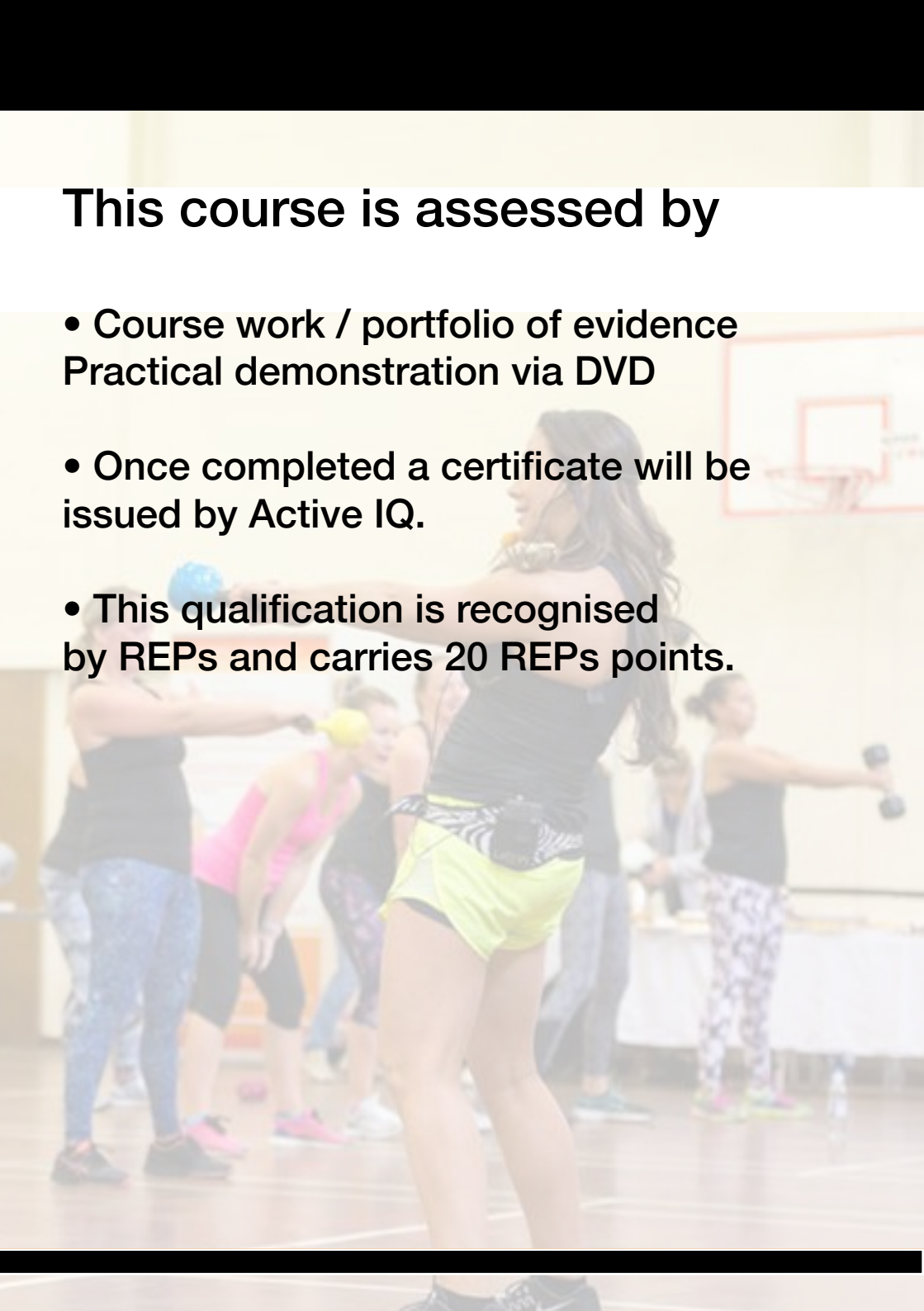
- Planning a Kettlebell Exercise Session
- Instructing a Kettlebell Exercise Session





# **This course is assessed by**

- **Course work / portfolio of evidence**  
**Practical demonstration via DVD**
- **Once completed a certificate will be issued by Active IQ.**
- **This qualification is recognised by REPs and carries 20 REPs points.**



# FAQ

## **1: What Is The Ofqual Accreditation Number?**

Ofqual Accreditation Number 600/4089/0

## **2: Is Choreographytogo An Approved Training Provider?**

Yes – Here is a link to Active IQ website and CIMSPA:

<https://www.activeiq.co.uk/centres-info/choreography-to-go/>

## **3: How Am I Assessed For This Qualification?**

Course work / portfolio of evidence and a Practical demonstration via DVD.

## **4: What Is The Aim Of This Qualification?**

The aim of this qualification is to train learners, who already have knowledge and skills in fitness instruction, to a professionally competent level to plan and deliver safe and effective kettlebell exercises and training sessions.

## **5: Do I have to attend any live training?**

No the course is all online.



# Questions?

For more information on our training please contact:  
[Kelly@Choreographytogo.com](mailto: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](http://choreographytogo.com)**

