North Notts College

Sport

Circuit Sessions

Campus: Dearne Valley College
Code: D14AC03

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 Dearne Valley College, you'll gain practical skills in a supportive environment, with access to expert instructors and modern fitness resources.

- 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 learn@dearne-coll.ac.uk or by calling **01709 513333**.

Tuition Fees

- 16-18 year olds do not need to pay course fees
- Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify for help with fees.

If you need further advice or guidance please contact the Enquiries Team on **01709 513333.**

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 2027-28 However, we do reserve the right to make changes if necessary.

Last updated: 17th November 2026