Sport

Award in Instructing Kettlebells

Campus: Dearne Valley College
Code: D14AC02
Level: 2

About This Course

Lift

your fitness to new heights with kettlebell training in this hands-on course.

Discover dynamic kettlebell exercises that enhance both strength and endurance,

while learning the safest and most effective techniques to achieve your fitness

goals. Whether youâ??re new to kettlebells or looking to refine your skills, this

course will help you build power and resilience.

What Will I Study?

Explore

the fundamentals of kettlebell training, including:

- Kettlebell

  exercises and movement techniques

- Strength

  and conditioning fundamentals

- Safe

  and effective handling skills

Why Study Here?

Gain

hands-on experience and expert guidance in a state-of-the-art environment,

including:

- Real-world

  expertise from instructors

- Confidence-building,

  practical learning

- Modern

  equipment and dedicated fitness

  spaces

Entry 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**.

What Courses Can I Progress Onto?

Upon

completion of this programme, you can progress onto:

??? Add

at least 3 internal or external progression

routes

Tuition 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.**

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.

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