

Sport

Award in Instructing Kettlebells

Campus: North Notts College - Worksop Campus

Code: NACSP005

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 you'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

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 [mailto: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

Sports kit will be required. However, financial support is available for those eligible. Please refer to the RNN Group Bursary Policy for further details.

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..

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