



FITNESSWALES
NWYFIANTCYMRU

Advanced Instructor

- Includes Advanced Programming Module



Six Days - Mon 1st Nov to Sat 6th Nov 2010

9.00am to 5.00pm

Assessment – Fri 10th Dec 2010

Welsh Institute of Sport, Cardiff

Combine both practical and theory to upgrade to Level 3 (REPs).

Full of ideas for advanced programming – both weight training and cardiovascular training. The Advanced instructor Award is a pre-requisite for Personal Trainer and GP Referral courses.

The Advanced Instructor Course also prepares students to sit the National Level 3 theory paper.



Advanced Instructor – November '10

Are you eligible for an ILA? **YES/NO**. If yes, send us your voucher but do not send in any money until you receive your confirmation letter from ELWa. If you require more information on ILA's contact Learn Direct Tel:- 0800 100900. Are you receiving financial help other than an ILA **YES/NO**.

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|--------------------------|--|----------------------|
| <input type="checkbox"/> | Three Day Advanced Theory £350 | 1/2/3 Nov '10 |
| <input type="checkbox"/> | Three Day Programme Design £375 | 4/5/6 Nov '10 |
| <input type="checkbox"/> | Six Day Combined Course £675 | All of above |
| <input type="checkbox"/> | Non Members must pay an additional £25 which is a year's membership to FW | |

Three Ways to Pay

- 1) To pay by debit/credit card please book online at www.fitnesswales.co.uk/modules.asp
- 2) Enclose a cheque/postal order made payable to Fitness Wales
- 3) By official purchase order

Name..... DOB..... Email.....

Address..... Post Code.....

Tel No. (home).....(work).....(mobile).....

Do you have any Special Needs e.g. Dyslexia, deafness, physical or mental health issues etc. If so please give details.....

Candidates must have a recognised Gym Teaching qualification (equivalent to OCR Level 2). At least 24 months teaching experience is recommended. Please state qualifications

I have read and understood the terms and conditions above and wish to apply for a place on the above Course.

Signed.....**Date**.....

A six day module for Instructors with Level 2 Exercise & Fitness in Gym Instruction and at least two years teaching experience. The Course will further your knowledge and enable you to analyse more advanced training systems.

The course covers Advanced Theory: Day One, Two & Three

- Advanced theory knowledge and practical application
- Goal setting and behaviour change

The course covers Programme Design: Day Four, Five & Six

- CV Training for a wide range of clients
- Training for Strength, Endurance & Hypertrophy
- CRAC & PNF stretching
- Advanced teaching and motivational skills
- Training periodisation



Instructors will be able to put themselves forward for the National Level 3 Theory Paper (awarded by CYQ). The Level 3 theory paper is REPs recognised.

The cost of the course includes practical assessment, theory paper (three day Advanced Theory and six day Combined Course only) and case studies, registration and certification with CYQ.



Terms and Conditions of Booking

Please read before signing the application form.

Acceptance on modules does not mean Fitness Wales acknowledges an applicant's prior qualifications to be NVQ equivalent.

At the beginning of the training you must inform the tutor of any disability, injury or illness which might affect your participation. Fitness Wales operates an Equal Opportunities Policy.

Membership fees are non-refundable. Course fees are refundable up to 28 days prior to the commencement of the module less a £10 admin fee. However if Fitness Wales cancels the course/module you will receive a full refund.

It may be possible to transfer your application or issue you a credit note; this is at the discretion of Fitness Wales.

To process your application, your details will be entered onto a database. Your details will not be passed onto any third parties without your consent.

Fitness Wales, 1b Clarke Street, Cardiff. CF5 5AL
enquiries@fitnesswales.co.uk Tel:- (029) 2057 5155 Fax:- (029) 2056 8886

For Office Use:-

I/D _____ M/S No _____ Web No _____ FMG Letter _____ Records Create _____ Course Code Entered _____