



CYQ Level 3 CERTIFICATE IN EXERCISE REFERRAL



Wales is the only European country to have a Government funded project in every local authority area. There has never been better time for instructors to break into this field.

This 5 day course is aimed at Instructors who want to be at the leading edge in terms of referral schemes by obtaining the only REPs recognised qualification.

Welsh Institute of Sport, Cardiff

Dates: - Fri 10, Sat 11, Sun 12, Fri 24 & Sat 25 September 2010

Times:- 9am - 6pm

Assessments:- Fri 12 and Sat 13 November 2010

CYQ regulations currently state that you need to have qualifications equivalent to level 3 in addition to this award to receive the CYQ Certificate in Exercise Referral. You may wish to attend our Level 3 Advanced Instructor Award or it may be possible to accredit previous achievement (APA).



GP Referral September 2010 - 5 day course & assessment

£595 Fitness Wales Members / £620 Non Members (includes £25, which is one year's membership)

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.....

Address.....

.....Post Code.....email.....

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.....

**APPLICANTS MUST HOLD A FITNESS QUALIFICATION (EQUIVALENT TO NVQ LEVEL 2).
IT IS STRONGLY RECOMMENDED THAT YOU HAVE BEEN TEACHING FOR 2 YRS.**

Give details of qualifications including Level, discipline and date passed.....

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

Signed.....Date.....

CYQ Certificate in Exercise Referral for Clients with Specific Controlled Conditions

The Course includes information on a range of illnesses and conditions – such as diabetes and obesity or chronic illnesses such as arthritis and asthma which are all on the increase. You will experience a wealth of practical ideas to help you plan, design and adapt progressive activity programmes for referral clients.

Assessment

- Unit 1 Theory includes an externally assessed theory paper and an 'open book' worksheet on medications.
- Unit 2 Planning a progressive programme for a given client with low risk conditions. You will need to attend a viva to discuss your programme and its implications.
- Unit 3 Practical you will be assessed both during the course and on the final assessment day teaching sections of a session for referred clients.

Terms and Conditions of Booking

Please read before signing the application form

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

At the beginning of the course 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 course 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, if you cannot attend, but 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, Ely Bridge, Cardiff. CF5 5AL
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