



FITNESSWALES  
NWYFIANTCYMRU



# Client Lifestyle & Fitness Testing

**Venue:- Welsh Institute of Sport, Cardiff.**

**7, 8 & 9 October 2010 – 9.00am to 5.00pm**

**Three day module which includes on-going assessment**

**Tutor:- Adi Scott**

Gain a CYQ Level 3 Certificate to add to your qualifications. Learn why and when to test, how to carry out a range of tests, also how to acquire sensitive and effective consultation skills.

## Fitness Testing – October 2010

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**.

**£285** Fitness Wales Members / **£310** 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](http://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 conditions or concerns we should know about (eg dyslexia, deafness, physical or mental health issues etc) if so please give details .....

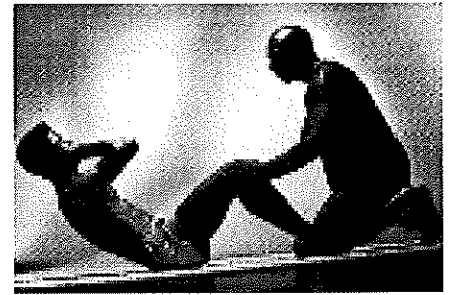
**APPLICANTS MUST HAVE A LEVEL 2 EXERCISE & FITNESS QUALIFICATION OR EQUIVALENT**

Relevant qualifications/experience.....

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

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

# CLIENT LIFESTYLE & FITNESS TESTING



## COURSE OUTLINE

- ◆ Why and when to test, and what makes a good test
- ◆ Sensitive screening and consultation skills
- ◆ Introduction to a range of fitness assessment test procedures including:-
  - Aerobic bike test
  - Multi-stage fitness test (the "bleep test")
  - Step test
  - Lung-capacity spirometer test
  - Blood-pressure monitoring
  - Body-fat (skin-fold callipers & body fat monitors)
  - Height and weight measures
  - Hip:waist ratio
  - Muscular endurance tests – sit up & press up test
  - Flexibility test & sit and reach
  - Motor – skill tests – agility and balance tests
- ◆ Interpretation of results & goal setting for clients



**Course fees include Registration and Certification with CYQ.  
You will be required to conduct a range of tests during the 3 days to  
demonstrate your competence.**

### Terms and Conditions of Booking

Please read before signing the application form.

The Fitness Wales Certificate of Competence for Fitness Testing is only valid when presented with an NVQ Level 2 or equivalent in Exercise & Fitness. **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.

#### **Written notification is required for all cancellations and transfers**

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, 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, Cardiff. CF5 5AL  
enquiries@fitnesswales.co.uk Tel:- (029) 2057 5155 Fax:- (029) 2056 8886**