



KIDS FIT



NEW course leading to Level 2 Certificate in Instructing Health Related Exercise for Children (Awarded by CYQ and REPs recognised). This is the only industry recognised award in the UK for teaching children.

Three fun-filled days full of practical ideas for teaching children. The course will cover Juniors (aged 5-11) and strategies for keeping teenagers motivated (aged 12-16).

The Conference Centre, Newport YMCA, Newport.
Sat 6th, Sun 7th and Sat 20th November 2010
9.00am - 5.00pm

Theory Paper Friday 10th December 5pm – 6pm

Kids Fit – 6/7 & 20 November 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**.

£325 Fitness Wales Members / **£350** 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.....Email.....

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

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

Do you have any conditions or concerns we should know about (e.g. Dyslexia, deafness, physical or mental health issues etc). If so please give details.....

APPLICANTS MUST ALREADY HOLD A RECOGNISED GROUP EXERCISE INSTRUCTOR QUALIFICATION (equivalent to Level 2).

Fitness and any other relevant qualifications/Experience.....

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

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

Kids Fit Course

The course will cover the following:

Day 1

Why Kids Fit
Practical class
Components/structure of a session
Why and how to warm up
Why and how to cool down
Physiology of growing bodies
Heart Health (practical & theory)

Day 2

Muscle Health
Flexibility for kids
Psychology and barriers
Setting up a club
Practical work/assessments

Day 3

Teenager beliefs and attitudes
Practical class (age 12-16)
Children with special needs
Progressions
Lesson Planning & assessment preparation

To gain a CYQ certificate of competence, assessment will include:

- Planning sessions for both 5-11 and 12-16 year olds
- Submitting a 6 week progressive plan for one of the target age groups
- Completing a case study for children with specific needs
- Sitting a level 2 theory paper
- Submitting a video of a session teaching children

The Register of Exercise Professionals (Reps) will only recognise the Certificate in Instructing Health Related Exercise for Children where students already hold a Level 2 or equivalent in exercise and fitness. Recognised qualifications are on the National Database of Accredited Qualifications (www.accreditedqualifications.org.uk). If you hold a non QCF Certificate, you may be considered for this qualification but will have to provide evidence for "accreditation of prior learning"



"A superb course with essential knowledge for teachers practising on a regular basis. Thank you Leandra for such a fun experience!" Viv Thomas

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.

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, 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.

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