

# 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

---

*"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.

**Fitness Wales, 1B Clarke Street, Ely Bridge, Cardiff. CF5 5AL**  
**www.fitnesswales.co.uk / tel 029 20575155**



# 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 13<sup>th</sup>, Sun 14<sup>th</sup> and Mon 15<sup>th</sup> March 2010  
9.00am - 5.00pm

Theory Paper Friday 26<sup>th</sup> March 5 – 6pm



## Kids Fit – 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> March 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](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 (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 NVQ 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 (start 10am)

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 (start 9.30 am)

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

## Day 3 (start 9.00 am)

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

---

*"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.

**Fitness Wales, 1B Clarke Street, Ely Bridge, Cardiff. CF5 5AL**  
**www.fitnesswales.co.uk / tel 029 20575155**



# 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).

**John Bright Sports Centre & Llandudno Junction Centre**  
**Sat 3<sup>rd</sup>, Sun 4<sup>th</sup> and Mon 5<sup>th</sup> October 2009**

9.30am - 5.30pm

Theory Paper tbc



## Kids Fit – 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> October 2009

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](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 (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 NVQ 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.....