



ADVANCED PROGRAMME DESIGN



Venue & Dates to be confirmed March 2007

Tutor:- Adi Scott

Develop the professional edge

Plan and deliver a wide range of specialised programmes, fine tune your goal setting skills and broaden the exercise & settings you use. Advanced programming skills will increase your employment opportunities and give you the "Professional Edge"

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**.

Please return this slip with Cheque/Postal Order made payable to Fitness Wales for the sum of:-

£165 Fitness Wales

£190 Non members. This includes £25 which is one year's membership

Name.....DOB.....

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

Tel No. (day).....(eve).....(mobile).....

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

APPLICANTS MUST HAVE NVQ LEVEL 2 EXERCISE & FITNESS OR EQUIVALENT, we also recommend at least 12 months experience working in a gym.

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

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

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

Advanced Programme Development

Fitness Wales, 1b Clarke Street, Cardiff. CF5 5AL
Tel:- (029) 20 575155 Fax:- (029) 20 568886

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The course will cover.

- Factors affecting physical fitness
- Body composition and body type
- Effects of a sedentary lifestyle
- Clients with specific goals (including low levels of fitness, sports specific, older adults, and clients with specific goals)
- Short and long term goal setting
- Lifestyle changes, sticking to the programme and keeping clients
- Training methods, achieving results - moving the goal post forward.



ASSESSMENT

You will be assessed during the course and on assessment day.

Final assessment involves case studies, programme plans, work diary and other assignments. You will need to teach a variety of programmes - gym/studio based, indoor and outdoors. To become a certified instructor for Advanced Programme Design, applicants will have to pass a written and practical assessment.

Terms and Conditions of Booking

The Fitness Wales Certificate of Competence for Advanced Programme Design 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.

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