



# Training in Different Environments

**Personal Trainers need versatility. Come and experiment with training outdoors and working with clients in their own home.**

**Tutor: Leandra Rizza**  
**CYQ Level 3 Certificate**

**Welsh Institute of Sport, Cardiff**  
**Monday 8<sup>th</sup> & Tuesday 9<sup>th</sup> November 2010**  
**9.00am – 5.00pm**

**Training in Different Environments – 8 & 9 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**.

**£205** Fitness Wales Members **£230** 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 .....

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.....

# Training in Different Environments



The course includes:- risk assessment & personal safety outdoors, health & safety in clients homes, utilising natural assets outdoors for individuals and groups, working with different levels and using small portable equipment.

There will be on-going assessment of your teaching skills throughout both days.



## ASSESSMENT

Assessment includes:-

- Observation of your teaching in both the home environment and outdoors during the course.
- Submission of programme plans for both training environments.

Course fees include marking your programme plans, registration and certification with CYQ

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## Terms and Conditions of Booking

Please read before signing the application form.

The pre-requisite qualification for this module is an OCR Level 2 in Exercise and Fitness. A Fitness Wales Certificate of Competence for Training in Different Environments is only valid as part of the Personal Trainer Award when accompanied 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, 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**  
**www.fitnesswales.co.uk / tel 029 20575155**