

# TRAIN WITH THE BEST TO BECOME A FITNESS INSTRUCTOR

GAIN A NATIONALLY RECOGNISED QUALIFICATION WITH THE LEADING TRAINING PROVIDER IN WALES



Fitness Wales are regarded as the "gold standard" in fitness training. Our courses are fun and full of practical workshops. You will be taught by our expert tutors and supported by our office team – all of whom teach fitness and bring a wealth of real-life, up-to-date experience.

Part Payment and instalment options available. You may also qualify for financial help in terms of an ILA.

Registered with the Welsh Assembly Government as a provider of ILA Wales Learning.

For further information please ring

029 20 575155

FITNESS WALES OFFER TWO INITIAL COURSES



BOTH COURSES ARE CYQ LEVEL 2 AND COVER: -

- How the body works and responds to exercise (the skeleton, muscles, the heart, lungs & energy systems)
- Aerobic training, muscular strength & endurance, flexibility and motor skills (in the gym this includes cv equipment, resistance machines & free weights)
- Teaching safe exercises – safe technique and teaching methods
- Principles of training & lesson planning
- Programme design for a range of clients – progressing and adapting exercises
- Health & safety and professionalism in exercise and fitness
- Basic healthy eating

## Assessment

This is usually 4-5 weeks after the course is finished and includes:

- written theory paper
- practical exam
- completion of worksheets

## What Next?

- Read our terms and conditions (below)
- Complete and return the application form or book online at [www.fitnesswales.co.uk](http://www.fitnesswales.co.uk)

Once we have received your deposit for the course you will be sent an acknowledgement letter, a reading list, directions, home study pack, and a timetable.

You will receive your course manual and assessment pack on the first day of the course.

## TERMS AND CONDITIONS

Please read before signing the application form.

Membership Fees are non-refundable. Deposits are refundable up to 28 days prior to the commencement of the course (less a £10 admin fee), after that time they will only be refunded:

- Upon receipt of certifiable injury or illness preventing participation on the course.
- If, in the opinion of the course Director/Tutor, the applicant is not suitable to undertake the course.
- If, for any reason Fitness Wales cancels or postpones the course.

The balance of the full fee must be sent to the office 10 days prior to the commencement of the course. It may be possible to transfer your application to another course at the discretion of Fitness Wales. If a transfer or refund is requested an administration fee will be charged, this fee will be waived if the transfer/refund occurs as a result of Fitness Wales cancelling the course which you booked. Please note that with all courses only 3 consecutive transfers will be allowed. Fitness Wales cannot refund any fee if a student chooses to leave part way through the course.

Once your name has been entered onto the final examination list, any cancellations giving less than 21 days notice will forfeit their examination fees which are paid to the Awarding Body unless you can provide us with a valid Doctor's Certificate.

Absence from any part of the course will only be allowed with prior agreement of the Course Tutor. Every student is expected to attend each day and be punctual. Course students should inform their session tutor and course tutor of any illness, injury or disability which might affect their participation in any part of the course. Students should ensure they are appropriately dressed for their practical sessions (including a good pair of trainers), with layers of clothing to wear for the theory /discussion sessions.

PLEASE RETAIN THIS SHEET FOR INFORMATION

Full Name:  DOB:

Address:

Postcode:

Tel No (h):  (w):  (m):

Email:

**PLEASE ALSO COMPLETE SECTION A OR B BELOW**

**A. GYM LEVEL 2 CYQ AWARD - £599**

Teaching does not require you to be superfit; however it is important that you are familiar with current gym equipment.

**Course commencing March 2010** (3 long weekends) – Western Leisure Centre, Cardiff

Dates 27/28/29 March, 10/11/12 & 25/26/27 April 2010

Times 9.00 - 17.30

Assessment Practical 15/16 May 2010, Theory 14<sup>th</sup> May 2010

**Course commencing May 2010** (4 weekends) – Western Leisure Centre, Cardiff

Dates 8/9, 21/22/23 May, 5/6, 18/19/20 June 2010

Times 9.00 - 17.30 except 21 May 18.00-21.00 & 18 June 17.45 -21.00

Assessment Practical 17/18 July 2010, Theory 2nd July 2010

**Course commencing September 2010** (4 weekends) – South Wales

Dates and venue and dates to be confirmed

I wish to apply for a place on the **Gym Course** commencing

How often do you visit a Gym?  (per week/month/never). Since when  approx.

What is your main fitness regime and how long have you been following it?

Type of Exercise	How Often	Since When
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

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**B. EXERCISE TO MUSIC (ETM) LEVEL 2 CYQ - £650**

It is **essential** you attend aerobic classes and have experience of a range of different teachers and styles. The Exercise to Music Course is primarily concerned with teaching aerobic type exercise and is therefore quite strenuous.

➤ **Course commencing February 2010** (5 weekends) – Welsh Institute of Sport, Cardiff

Dates 6/7, 20/21 Feb, 6/7, 20/21 March, 9/10/11 April

Times 9.00 – 17.00 except 9 April 17.00-20.00

Assessment Practical 15/16 May, Theory – Fri 23 April 17.00 – 18.00

➤ **Course commencing September 2010** (3 weekends & 1 intensive week) - Welsh Institute of Sport, Cardiff.

Dates: 18/19, 27/28/29/30 Sept, 1, 16/17, 29/30/31 Oct

Times: 9.00 – 17.00 except 29th October 5.00 - 8.00

Assessment: Practical 4/5 Dec. Theory – Fri 12 Nov 17.00 – 18.00

➤ **Course commencing February 2011**(5 weekends)

Dates and venue to be confirmed

I wish to apply for a place on the **ETM Course** commencing

Is your current ETM teacher Level 2 qualified? **YES/NO**. Please give details of classes attended

Type(s)	Teacher(s)	Venue(s)	Att for.(mths/yrs)
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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## For Gym & ETM applicants to complete

Have you had any experience of teaching fitness. YES/NO. If yes please give details

Please give details of any other relevant sport/fitness information

Fitness/Qualification(s) and courses previously attended (if applicable)

Please give your reasons for wanting to be on this course

Do you have any conditions or concerns we should know about? Fitness Wales believes that everyone should be able to attend courses & workshops, no matter what their needs may be. For this reason various procedures have been set in place to enable us to help those who fall into this category to achieve a qualification to teach.

Please give details of issues we may need to know e.g. Dyslexia, physical problems, mental health

## Equal Opportunities and Anti-Discrimination Policy.

Fitness Wales believes in the principle of Equal Opportunities and wishes to ensure access to training and assessment for all. No student will be discriminated against on the grounds of physical ability, gender, language, racial or ethnic origin, cultural or religious background, sexual orientation, dependants, political affiliations, employment status or special needs.

I would describe my personal identity as: -

White  Black Caribbean  Black African  Black other  Indian   
Pakistani  Bangladeshi  Chinese  Other

## PAYMENT

I enclose a cheque or postal order made out to Fitness Wales for either:-

- Deposit £175** (includes 1 years membership of Fitness Wales which is £25)  
or  
 **Full Cost Gym** £599 + £25 (membership) = **£624**  
 **Full Cost Exercise to Music** £650 + £25 (membership) = **£675**

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**.

*I understand that I must be 18 in order to be insured to teach. I have read and understood the Terms & Conditions which are printed on the second page and I wish to apply for a place on the course. I will disclose to Fitness Wales any information (e.g. criminal record, physical or mental illness) which is relevant to my becoming a fitness instructor. I understand I will have to complete a screening form prior to the course.*

Signed:

Date:

**Fitness Wales, 1B Clarke Street, Ely Bridge, Cardiff CF5 5AL**  
**Tel: 029 2057 5155 Fax: 029 2056 8886 www.fitnesswales.co.uk**