

# FREE training in Sport & Exercise Qualifications



## Get Active, Have FUN



**GREAT OPPORTUNITY, for Women from Black and Minority Ethnic Communities to train as sports coaches and exercise instructors.**

FREE training available for women who would be willing to teach exercise sessions to other women who are predominantly aged 45 years and over.

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## Activity: Fitness Walking

## Course: Nordic Walking (Level 1 & 2)

**Information:** Nordic Walking is an enhancement of ordinary walking - it makes something we can all do.... twice as effective! Nordic Walking uses poles in order to add two major benefits to walking: The use of poles means the upper body muscles are used as well as the legs. The poles help to propel the walker along - this means he/she works harder than usual yet the support given by the poles makes it feel easier!

**Level 1:** This course covers the background and benefits of Nordic Walking and how to develop the technique in order to incorporate the whole body and increase the intensity according to the ability of the participant. Route planning, leadership skills, health and safety and how to warm up and cool down are all covered too.

**Assessment:** Candidates are assessed practically throughout the two days and are expected to be able to demonstrate good personal Nordic Walking technique and host an example of a basic Nordic Walking class including warm up and cool down on day two.

There is a 30 minute written examination including a sample risk assessment.

**Prerequisites:** Ideally either Walk leader or Outdoor Activity experience although those from all backgrounds are welcome. All candidates must possess a valid First Aid certificate

**Level 2:** For those with current fitness or medical qualifications this course explores the benefits and background of Nordic Walking and its application at all levels from health promotion through to sports specific. Correct Nordic Walking technique and how to develop it according to the needs of each client and how to add resistance and drills to your sessions are also covered. Other elements are Route planning, Outdoor Health and Safety and Leadership skills.

**Assessment:** Candidates are assessed practically throughout the course and are expected to demonstrate good personal Nordic Walking technique and to understand how to adapt its delivery in order to facilitate wellness, weight loss and advanced fitness training.

There is a 30 minute written examination including a sample risk assessment.

**Prerequisites:** Minimum REPS (Register of Exercise Professionals) level 2, GP, Physiotherapy, Osteopathy, Cardiac Nurse or similar. All candidates must possess a valid First Aid certificate.

Course Name	Location	Dates	Duration	Qualification	Cost
Level One NWUK Instructor	Milton Keynes	13 <sup>th</sup> - 14 <sup>th</sup> Nov 09	2 days (Fri - Sat) 9 - 5	Level One NWUK Instructor certificate	£295
Level Two NWUK Instructor	London	3 <sup>rd</sup> - 4 <sup>th</sup> Dec 09	2 days (Thurs - Fri) 9 - 5	Level One NWUK Instructor certificate	£295

Level Two NWUK Instructor	Milton Keynes	22 <sup>nd</sup> - 23 <sup>rd</sup> May 09	2 days (Sat - Sun) 9 - 5	Level Two NWUK Instructor certificate	<b>£345</b>
Level Two NWUK Instructor	London	13 <sup>th</sup> - 14 <sup>th</sup> Aug 09	2 days (Thurs - Fri) 9 - 5	Level Two NWUK Instructor certificate	<b>£345</b>
Level Two NWUK Instructor	Milton Keynes	11 <sup>th</sup> - 12 <sup>th</sup> Sept 09	2 days (Fri - Sat) 9 - 5	Level Two NWUK Instructor certificate	<b>£345</b>
Level Two NWUK Instructor	London	5 <sup>th</sup> - 6 <sup>th</sup> Nov 09	2 days (Thurs - Fri) 9 - 5	Level Two NWUK Instructor certificate	<b>£345</b>
Level Two NWUK Instructor	Milton Keynes	10 <sup>th</sup> - 11 <sup>th</sup> Dec 09	2 days (Thurs - Fri) 9 - 5	Level Two NWUK Instructor certificate	<b>£345</b>

[http://www.nordicwalking.co.uk/?page=become\\_an\\_instructor&c=37](http://www.nordicwalking.co.uk/?page=become_an_instructor&c=37)

**Activity: Walking**

**Course: Health Walks Training**

This one day accredited course is run by *Countryside Management Service*.

After you have completed this course you will have the skills and knowledge to lead walks and be able to risk assess routes.

The course also includes first aid training.

A special course will be arranged for this project as soon as we have enough people whom have registered their interest to enrol on the course. To register your interest or book a place please contact Priya Kapoor on 01707 281006

**Activity: Seated Exercise****Course: YMCA Exercise and Ageing**

**Information:** Specialise in exercise to music, weights or circuit training. Learn to Structure and deliver appropriate circuit and resistance programmes or exercise to music sessions, explore the physiological, anatomical and psychological changes of ageing, identify the benefits of exercise for the ageing population, identify the conditions associated with ageing that may be contraindications to exercise and activity, deliver adaptations and modifications for different conditions and abilities and perform and demonstrate a range of chair based exercises.

**Assessment:** Multiple choice theory paper, practical (2 helpers required, 1 over 50) and case study

**Prerequisites:** Level 2 YMCA Gym or Studio Instructor and Circuit Training or equivalent, experience of working with older people (recommended) and at least 50 hours teaching experience (recommended) REPs 20

Course Name	Location	Dates	Duration	Assessment Dates	Qualification	Cost
YMCA Exercise and Ageing - 32228	London, Southbank Club, SW8 2LD	30 <sup>th</sup> - 31 <sup>st</sup> May, 6 <sup>th</sup> - 7 <sup>th</sup> Jun 09	4 Days	Theory: 1 <sup>st</sup> Jul 09 Practical: 13 <sup>th</sup> or 14 <sup>th</sup> Jul 09	YMCA Exercise and Ageing CYQ Level 3 Older Adults	£445
YMCA Exercise and Ageing - 32229		26 <sup>th</sup> - 29 <sup>th</sup> Oct 09	4 Days	Theory: 25 <sup>th</sup> Nov Practical: 9 <sup>th</sup> or 10 <sup>th</sup> Dec 09		£445
YMCA Exercise and Ageing - 32230		20 <sup>th</sup> - 21 <sup>st</sup> , 27 <sup>th</sup> - 28 <sup>th</sup> Feb 2010	4 Days	Theory: 24 <sup>th</sup> March Practical: 8 <sup>th</sup> or 9 <sup>th</sup> April 2010		£445

<http://www.ymcafit.org.uk/coursedetail.php?type3=1&courseid=20>

**Activity: Pilates****Course: STOTT Pilates**

**Information:** A contemporary, anatomically-based approach to Joseph Pilates' original exercise method. Incorporating modern exercise science and rehabilitation principles, it is a safe and highly effective low-impact way to stretch, strengthen and streamline the body.

**Intensive Mat-Plus Repertoire**

This course will provide you with the skills to design and teach essential and intermediate level mat work classes, integrating small equipment, which will allow you to add variety to your sessions.

**Assessment:** Written and practical exam and successful completion of each course

**Prerequisites:** YMCA Gym or Studio Instructor or equivalent or be a practising sports therapist, physiotherapist or dancer. 3 years experience recommended. Background practical knowledge of Pilates as a user-either the STOTT PILATES method or another style and at least 30 hours of attending Pilates classes is required. REPs 16

Course Name	Location	Dates	Duration	Assessment Dates	Qualification	Cost
STOTT Pilates - 91076 Mat Plus	London, Central YMCA, WC1B 3NP	11 <sup>th</sup> - 14 <sup>th</sup> , 18 <sup>th</sup> - 21 <sup>st</sup> May 09	8 Days (Mon - Thurs) 10:30-4:30	Allow 1 day for assessment. Must be taken 6 months within completing the course. Contact Active Pilates	STOTT Pilates CYT Certification with additional Qualification module only (only Intensive Mat-Plus)	<b>£1235</b> (inclusive of non-refundable deposit of £265)
STOTT Pilates - 91077 Matt Plus		3 <sup>rd</sup> - 5 <sup>th</sup> , 10 <sup>th</sup> - 12 <sup>th</sup> , 18 <sup>th</sup> - 19 <sup>th</sup> Jul 09	8 Days (Fri - Sun) 10:30-4:30			
STOTT Pilates - 91078 Matt Plus		2 <sup>nd</sup> - 4 <sup>th</sup> , 9 <sup>th</sup> - 11 <sup>th</sup> , 17 <sup>th</sup> - 18 <sup>th</sup> Oct 09	8 Days (Fri - Sun)			
STOTT Pilates - 91079 Matt Plus		21 <sup>st</sup> - 22 <sup>nd</sup> , 28 <sup>th</sup> - 29 <sup>th</sup> Nov, 5 <sup>th</sup> - 6 <sup>th</sup> , 12 <sup>th</sup> - 13 <sup>th</sup> Dec 09	8 Days (Sat - Sun)			
Certificate in Teaching Mat Pilates 2258	Watford (West Herts College)	29 <sup>th</sup> June - 10 <sup>th</sup> July 2009	2 weeks Mon - Fri 9:00 - 5:00	TBC	CYQ Level 3	<b>£530</b>

<http://www.ymcafit.org.uk/coursedetail.php?type2=1&courseid=16>

<http://www.westherts.ac.uk/SiteSections/Courses/Subjects/InformationSheets/PartTime.aspx?ca t=SPO%20%20%20%20%20%20%20%20&aoscode=2558>

**Activity: Aerobics**      **Course: YMCA Studio Instructor (Blended & Non Blended)**

**Information:** Studio instructors work in fitness centres and health clubs, they also teach in community centres, church halls, schools - in fact, wherever there's a suitable space and a stereo. You will learn to use your personality to inspire groups of people of different ages and abilities. The emphasis on freestyle teaching allows students to express their creativity and imagination confidently when delivering a studio class.

There are 2 Options of study: -

Option 1: Full course which includes classroom time being taught Exercise and Fitness Knowledge.  
OR

Option 2: **Blended learning.** This is where you will study the Exercise and Fitness Knowledge theory component from home teaching yourself using worksheets and a study pack. You will be assigned a guidance tutor as a point of contact whilst studying with us. You will also attend a face to face practical module which can be accessed before, during or after the Exercise and Fitness Knowledge theory component has been completed.

**Course Content:** Anatomy and physiology, the components and principles of fitness, relevant skills and knowledge needed to design and teach studio classes in a variety of styles, from hi/lo to body conditioning, methods of delivery, health, safety and professionalism in exercise and an introduction to continuing professional development modules

**Assessment:** Multiple choice theory exam, worksheets and practical assessment (2 helpers required)

**Prerequisites:** Over 16 and experience of participating in studio classes. REPs 20

Students who have passed Level 2 Exercise and fitness knowledge theory paper only need to complete the 6 days practical element of option 2 (blended learning).

**Option 1 - Full course with taught Exercise and Fitness Knowledge Qualification**

Course Name	Location	Dates	Duration	Assessment Dates	Qualification	Cost
YMCA Studio Instructor Award - 32398	London, Southbank, Club, SW8 2LD	18 <sup>th</sup> - 22 <sup>nd</sup> May, 1 <sup>st</sup> - 5 <sup>th</sup> Jun 09	10 Days (Mon - Fri)	29 <sup>th</sup> or 30 <sup>th</sup> Jun 09	YMCA Studio Instructor CYQ Level 2 Certificate in Fitness Instructing Exercise to Music	£795 inclusive of £195 non-refundable deposit £50 off when booked and paid in full 2 months prior to start of course
YMCA Studio Instructor Award - 32399		20 <sup>th</sup> - 24 <sup>th</sup> Jul, 3 <sup>rd</sup> - 7 <sup>th</sup> Aug 09	10 Days (Mon - Fri)	2 <sup>nd</sup> - 3 <sup>rd</sup> Sept 09		
YMCA Studio Instructor Award - 32400		28 <sup>th</sup> Sept - 2 <sup>nd</sup> Oct, 12 <sup>th</sup> - 16 <sup>th</sup> Oct 09	10 Days (Mon - Fri)	9 <sup>th</sup> or 10 <sup>th</sup> Nov 09		
YMCA Studio Instructor Award - 32401		16 <sup>th</sup> - 20 <sup>th</sup> Nov, 30 <sup>th</sup> Nov - 4 <sup>th</sup> Dec 09	10 Days (Mon - Fri)	6 <sup>th</sup> or 7 <sup>th</sup> Jan 2010		

YMCA Studio Instructor Award - 32402	London, Southbank Club, SW8 2LD	15 <sup>th</sup> - 19 <sup>th</sup> Feb, 1 <sup>st</sup> - 5 <sup>th</sup> Mar 2010	10 Days (Mon - Fri)	29 <sup>th</sup> or 30 <sup>th</sup> Mar 2010	YMCA Studio Instructor CYQ Level 2 Certificate in Fitness Instructing Exercise to Music	<b>£795</b> inclusive of £195 non-refundable deposit £50 off when booked and paid in full 2 months prior to start of course
YMCA Studio Instructor Award - 32403		22 <sup>nd</sup> - 26 <sup>th</sup> Mar, 6 <sup>th</sup> - 10 <sup>th</sup> Apr 2010	10 Days	4 <sup>th</sup> or 5 <sup>th</sup> May 2010		

### Option 2 - BLENDED LEARNING COURSES (Exercise and Fitness Qualification - Self Study)

Course Name	Location	Dates	Duration	Assessment Dates	Qualification	Cost
YMCA Studio Instructor Award - 32411 BLENDED	London, Southbank Club, SW8 2LD	20 <sup>th</sup> - 22 <sup>nd</sup> Jun, 4 <sup>th</sup> - 6 <sup>th</sup> Jul 09	6 Days (Sat - Mon) and Home study	29 <sup>th</sup> or 30 <sup>th</sup> Jul 09	YMCA Studio Instructor CYQ Level 2 Certificate in Fitness Instructing Exercise to Music	<b>£795</b> inclusive of £195 non-refundable deposit £50 off when booked and paid in full 2 months prior to start of course
YMCA Studio Instructor Award - 32412 BLENDED		17 <sup>th</sup> - 19 <sup>th</sup> Jul, 31 <sup>st</sup> Jul - 2 <sup>nd</sup> Aug 09	6 Days (Fri - Sun) and Home study	24 <sup>th</sup> or 25 <sup>th</sup> Aug 09		
YMCA Studio Instructor Award - 32413 BLENDED		14 <sup>th</sup> - 16 <sup>th</sup> , 21 <sup>st</sup> - 23 <sup>rd</sup> Aug 09	6 Days (Fri - Sun) and Home study	14 <sup>th</sup> or 15 <sup>th</sup> Sept 09		
YMCA Studio Instructor Award - 32414 BLENDED		11 <sup>th</sup> - 13 <sup>th</sup> , 25 <sup>th</sup> - 27 <sup>th</sup> Sept 09	6 Days (Fri - Sun) and Home study	19 <sup>th</sup> or 20 <sup>th</sup> Oct 09		
YMCA Studio Instructor Award - 32415 BLENDED		23 <sup>rd</sup> - 25 <sup>th</sup> Oct, 6 - 8 <sup>th</sup> Nov 09	6 Days (Fri - Sun)	7 <sup>th</sup> or 8 <sup>th</sup> Dec 09		

<http://www.ymcafit.org.uk/coursedetail.php?type1=1&courseid=15>

**Activity: Water Aerobics****Course: Aquafit**

**Information:** This core course allows Exercise to music/ Gym instructors/ Personal trainers/ Club coaches and Swimming teachers to convert to water exercise instructors. This balanced day involves both lecture and pool sessions, helping you to use the properties of water and intensity progressions to create a fun and challenging class. Using the unique and effective Speedo formula you will be able to go away with a good base of knowledge to be a competent water exercise instructor. A pre-course worksheet and manual are included in the fee.

**Assessment:** A written multiple-choice exam will be taken during the training

**Prerequisites:** Minimum of 6 weeks study in addition to 6 months teaching experience is highly recommended. REPs 10

Course Name	Location	Dates	Duration	Assessment Dates	Qualification	Cost
Speedo Shallow Certification	Odyssey, Stevenage	12 <sup>th</sup> July 09	1 Day	12 <sup>th</sup> July 09	Speedo Shallow Certification	<b>£125.00 (inc VAT)</b> With Speedo Manual  <b>£135.00 (inc VAT)</b> With Speedo Manual and Shallow DVD
Speedo Shallow Certification	Bannatynes, Luton	19 <sup>th</sup> Sept 09	1 Day	19 <sup>th</sup> Sept 09		
Speedo Shallow Certification	Leighton Buzzard, Bedfordshire	31 <sup>st</sup> Oct 09	1 Day	31 <sup>st</sup> Oct 09		
Speedo Shallow Certification	Hemel Hempstead, Herts	13 <sup>th</sup> Dec 09	1 Day	13 <sup>th</sup> Dec 09		

<http://www.hydro-actif.com/Training.asp#>

**Activity: Gym Instructor**

**Course: YMCA Gym Instructor**

**Information:** This course works with highly qualified tutors to give you the skills, knowledge and confidence to begin your fitness career. There are 3 options of study: -

**Option 1:** You will study the full course made up of classroom time being taught Exercise and Fitness Knowledge Theory and the practical side. OR

**Option 2: (Blended Learning)** Full Course but you will study the Exercise and Fitness Knowledge theory component from home, using worksheets and a study pack. You will be assigned a guidance tutor as a point of contact whilst studying with us. You will also attend a face to face practical module which can be accessed before, during or after the Exercise and Fitness Knowledge theory component has been completed. OR

**Option 3:** For those who already have a recognised Level 2 Exercise and Fitness Knowledge Qualification, looking to broaden your fitness horizons (i.e. qualified studio instructor). This module provides an ideal introduction to gym training. We'll show you how to use your exercise and fitness knowledge in the gym environment and how to devise safe and effective programmes for your customers.

For all options you will learn to:-Plan, teach and evaluate a gym programme, Deliver gym inductions to individuals and groups, Demonstrate good personal technique and alignment on a range of CV equipment, fixed resistance machines and free weights.

ALTERNATIVELY IF YOU WISH TO ATTEND CLASSES FOR THE EXERCISE AND FITNESS QUALIFICATION NORTH HERTS COLLEGE HAVE A COURSE. SEE BELOW FOR MORE DETAILS.

**Assessment:** Multiple choice theory paper, practical and worksheets.

For option 3 there will only be a practical assessment. One helper is required for practical assessments.

**Prerequisites:** All applicants must be over 16 and have experience of using a gym. For option 3, applicants must have a recognised Level 2 Exercise and Fitness Knowledge Qualification, relevant worksheets and experience of using a gym (CV, RT and free weights) REPs 20

**Option 1 - Full course with classroom taught Exercise and Fitness Knowledge Qualification**

Course Name	Location	Dates	Duration	Assessment Dates	Qualification	Cost
YMCA Gym Instructor - 32252	London, Southbank Club, SW8 2LD	11 <sup>th</sup> - 15 <sup>th</sup> , 25 <sup>th</sup> - 29 <sup>th</sup> May 09	10 Days (Mon - Fri)	25 <sup>th</sup> or 26 <sup>th</sup> June 09	YMCA Gym Instructor CYQ Level 2 Fitness Instructing	<b>£795</b> inclusive of £195 non-refundable deposit. £50 early bird discount
YMCA Gym Instructor 32253		15 <sup>th</sup> - 19 <sup>th</sup> Jun, 29 <sup>th</sup> Jun - 3 <sup>rd</sup> Jul 09	10 Days (Mon - Fri)	27 <sup>th</sup> or 28 <sup>th</sup> July 09		
YMCA Gym Instructor- 32254		27 <sup>th</sup> - 31 <sup>st</sup> Jul, 10 <sup>th</sup> - 14 <sup>th</sup> Aug 09	10 Days (Mon - Fri)	7 <sup>th</sup> or 8 <sup>th</sup> Sep 09		
YMCA Gym Instructor- 32255	London, Southbank Club, SW8 2LD	1 <sup>st</sup> - 5 <sup>th</sup> , 14 <sup>th</sup> - 18 <sup>th</sup> Sep 09	10 Days	5 <sup>th</sup> or 6 <sup>th</sup> Oct 09	YMCA Gym Instructor CYQ Level 2 Fitness Instructing	<b>£795</b> inclusive of £195 non-refundable deposit. £50 early bird discount
YMCA Gym Instructor- 32256		5 <sup>th</sup> - 9 <sup>th</sup> , 19 <sup>th</sup> - 23 <sup>rd</sup> Oct 09	10 Days (Mon - Fri)	16 <sup>th</sup> or 17 <sup>th</sup> Nov 09		
YMCA Gym Instructor- 32257		9 <sup>th</sup> - 13 <sup>th</sup> , 23 <sup>rd</sup> - 27 <sup>th</sup> Nov 09	10 Days (Mon - Fri)	17 <sup>th</sup> or 18 <sup>th</sup> Dec 09		
YMCA Gym Instructor- 32258		25 <sup>th</sup> - 29 <sup>th</sup> Jan, 8 <sup>th</sup> - 12 <sup>th</sup> Feb 2010	10 Days (Mon - Fri)	8 <sup>th</sup> or 9 <sup>th</sup> Mar 10		

**Option 2 - Full course with home study Exercise and Fitness Knowledge Qualification (Blended)  
or option of Gym Instructor Module ONLY for those with Studio Instructor Award**

Course Name	Location	Dates	Duration	Assessment Dates	Qualification	Cost
YMCA Gym Instructor - 32271 BLENDED	London, Southbank Club, SW8 2LD	6 <sup>th</sup> - 8 <sup>th</sup> , 12 <sup>th</sup> - 13 <sup>th</sup> Jun 09	5 days	9 <sup>th</sup> or 10 <sup>th</sup> Jul 09	YMCA Gym Instructor  CYQ Level 2 Fitness Instructing	<b>£795</b> inclusive of £195 non-refundable deposit. £50 early bird discount  <b>£520</b> for those with a Studio Instructor Award
YMCA Gym Instructor - 32273 BLENDED		10 <sup>th</sup> - 12 <sup>th</sup> , 18 <sup>th</sup> - 19 <sup>th</sup> Jul 09	5 Days	12 <sup>th</sup> or 13 <sup>th</sup> Aug 09		
YMCA Gym Instructor - 32274 BLENDED		8 <sup>th</sup> - 10 <sup>th</sup> , 15 <sup>th</sup> - 16 <sup>th</sup> Aug 09	5 Days	9 <sup>th</sup> or 10 <sup>th</sup> Sep 09		
YMCA Gym Instructor - 32278 BLENDED	London, Central YMCA WC1B 3NP	26 <sup>th</sup> - 27 <sup>th</sup> Sep, 3 <sup>rd</sup> - 4 <sup>th</sup> , 10 <sup>th</sup> Oct 09	5 Days	28 <sup>th</sup> or 29 <sup>th</sup> Oct 09		
YMCA Gym Instructor - 32811 BLENDED	Watford, Watford YMCA WD1 2RT	9 <sup>th</sup> - 11 <sup>th</sup> , 17 <sup>th</sup> - 18 <sup>th</sup> Oct 09	5 Days	9 <sup>th</sup> or 10 <sup>th</sup> Nov 09		

<http://www.ymcafit.org.uk/coursedetail.php?type1=1&courseid=14>

**Activity: Circuits****Course: YMCA Circuit training workshop**

**Information:** This module will show you how to plan classes using a range of equipment and body weight exercises and also incorporates sports-specific and health-related approaches. We will teach you how to deliver exhilarating and enjoyable circuit classes.

**Course Content:** Learn to identify and demonstrate a range of exercises and approaches to circuit training, teach various styles of circuit training classes and recognise the characteristics of the typical client group (i.e. general populations/apparently healthy individuals) and structure circuit sessions to include warm ups/cool downs, timings, intensities and relevant exercises.

**Assessment:** No formal assessment, however full course participation is required to receive certification.

**Prerequisites:** Level 2 YMCA Gym or Studio Instructor or equivalent (including Exercise and Fitness Knowledge Qualification) and at least 30 hours teaching experience (recommended) REPs 16

Course Name	Location	Dates	Duration	Assessment Dates	Qualification	Cost
YMCA Circuit Workshop - 32109	London Southbank Club, SW8 2LD	23 <sup>rd</sup> - 24 <sup>th</sup> Jun 09	2 Days	N/A	YMCA Circuit Workshop	£230
YMCA Circuit Workshop - 32110		17 <sup>th</sup> - 18 <sup>th</sup> Aug 09	2 Days	N/A		
YMCA Circuit Workshop - 32111		14 <sup>th</sup> - 15 <sup>th</sup> Nov 09	2 Days	N/A	YMCA Circuit Workshop	£230
YMCA Circuit Workshop - 32112		6 <sup>th</sup> - 7 <sup>th</sup> Feb 2010	2 Days	N/A		

<http://www.ymcafit.org.uk/coursedetail.php?type2=1&courseid=74>

**Activity: Swimming****Course: Certificate for Teaching Aquatics; Unit 1 & 2**

**Information:** An all inclusive qualification that acts as the first formally assessed qualification on the teaching qualifications pathway. Unit 1 is a common unit to all of the Aquatic strands and is focused on how to teach/coach skills. The qualification has a technical emphasis on movement literacy. Unit 2 is focused on Aquatic teaching, technical knowledge and practical skills.

**Assessment:** Assessment is by practical coaching through the use of a continuous checklist plus one formal 15 minute assessment. A multiple choice knowledge test, planning, preparation and other associated tasks through the completion of a candidate log book. (Internal and external verification process are carried out)

**Prerequisites:** Candidates must be at least 16 years of age

**PLEASE NOTE: THESE COURSES ARE NOT GUARANTEED TO BE WOMEN ONLY SESSIONS**

Course Name	Location	Dates	Duration	Assessment Dates	Qualification	Cost
ASA/UKCC Level 1 Certificate for Teaching Aquatics - Unit 1, 2	Wardown Swimming & LC, Luton	20 <sup>th</sup> - 24 <sup>th</sup> July 09	5 Days (9am - 5pm)	24 <sup>th</sup> July 09	ASA Accredited	£370
ASA/UKCC Level 1 Certificate for Teaching Aquatics - Unit 1, 2	Robinson Pool, Bedford	20 <sup>th</sup> - 24 <sup>th</sup> July 09	5 Days (9am - 5pm)	24 <sup>th</sup> July 09	ASA Accredited	£370
	Parkside Pool, Cambridge	22 <sup>nd</sup> - 26 <sup>th</sup> July 09	5 Days (9am - 5pm)	26 <sup>th</sup> July 09	ASA Accredited	£370
ASA/UKCC Level 1 Certificate for Teaching Aquatics - Unit 1, 2	Parkside Pool, Cambridge	21 <sup>st</sup> - 29 <sup>th</sup> Aug 09	5 Days (9am - 5pm)	29 <sup>th</sup> Aug 09	ASA Accredited	£370
	Robinson Pool, Bedford	26 <sup>th</sup> - 30 <sup>th</sup> Oct 09	5 Days (9am - 5pm)	30 <sup>th</sup> Oct 09	ASA Accredited	£370

<http://www.britishswimming.org/vsite/vnavsite/page/directory/0,10853,5157-182278-199496-navlist,00.html>

**Activity:** Life guarding

**Course:** National Pool Lifeguard Qualification (NPLQ)

**Information:** Training and assessment are made up of 2 units, the first comprising of the principles of lifesaving and swimming pool supervision, looking at knowledge and understanding of the principles of working as a pool lifeguard. The second unit is made up of the application of supervision and rescue in a swimming pool determining ability to apply skills and knowledge.

**Assessment:** Assessed throughout the two units on ability and knowledge.

**Prerequisites:** Ability to meet basic fitness criteria of jump / dive into deep water, swim 50 metres in less than 60 seconds, swim 100 metres continuously on front and back, tread deep water for 30 seconds, tread water for 30 seconds, surface dive to the floor of the pool and climb out unaided without ladder / steps and where the pool design permits.

Course Name	Location	Dates	Duration	Assessment Dates	Qualification	Cost
Course ID: 766	Stevenage	24 <sup>th</sup> - 31 <sup>st</sup> May 09	6 Days	TBC	NPLQ	£250
Course ID: 1522	Watford	6 <sup>th</sup> - 11 <sup>th</sup> Jul 09	6 Days	11 <sup>th</sup> Jul 09	NPLQ	£220
Course ID: 1700	Hatfield	27 <sup>th</sup> Jul - 1 <sup>st</sup> Aug 09	6 Days (1 - 9 Mon, 9 - 6 Tues - Fri, Sat TBC)	1 <sup>st</sup> Aug	NPLQ	£220
Course ID: 768	Stevenage	2 <sup>nd</sup> - 9 <sup>th</sup> Aug 09	6 Days	TBC	NPLQ	£250
Course ID: 1355	Watford	10 <sup>th</sup> - 15 <sup>th</sup> Aug 08	6 Days	TBC	NPLQ	£210

<http://www.lifesavers.org.uk/iql/nplq.html>

## Activity: Netball

## Course: Assistant Coach (Level 1 & 2)

**Level 1:** Assist more qualified coaches, delivering aspects of coaching sessions, normally under direct supervision. On completion of the course candidates are able to prepare for the delivery of coaching activities, deliver prepared activities of the coaching session and evaluate the effectiveness of coaching activities.

**Assessment:** Asses your competency and learning as you develop your skills.

**Prerequisites:** Candidates must be a minimum of 16 years, have an understanding of the rules and have a sound knowledge and experience of the game.

**Level 2:** Prepare for, deliver and revive coaching session. This will normally be a series of 6 - 10 coaching sessions in any one sequence. On completion of the course candidates are able to plan a series of coaching sessions, prepare the coaching environment for the delivery of coaching session, deliver a series of coaching session to develop participant's performance and monitor and evaluate coaching sessions and personal practice.

**Assessment:** Deliver aspects of coaching sessions (at least 20 minutes long.) Competency and learning skills are assessed throughout the course.

**Prerequisites:** Candidates must be an active coach in Netball for a minimum of 2 years, attended a recognised child protection /duty of care training course, attended a recognised Emergency 1st Aid Course and be a minimum of 18 years.

Course Name	Location	Dates	Duration	Assessment Dates	Qualification	Cost
Level 1 Assistant Coach	London	1 <sup>st</sup> , 8 <sup>th</sup> & 29 <sup>th</sup> Nov 09	3 days (9am - 6pm)	29 <sup>th</sup> Nov 09	UKCC Level 1	£170
Level 2 - Coach Qualification	London	23 <sup>rd</sup> & 24 <sup>th</sup> May, 27 <sup>th</sup> & 28 <sup>th</sup> June & 26 <sup>th</sup> July 09	5 Days (9am - 6pm)	26 <sup>th</sup> July 09	UKCC Level 2	£360

[http://www.EnglandNetball.co.uk/Get\\_Involved/Coaching/ukcc-level\\_1\\_courses.php](http://www.EnglandNetball.co.uk/Get_Involved/Coaching/ukcc-level_1_courses.php)

**Activity: Badminton****Course: Level 1 Assistant Coach**

**Information:** The first step in the Badminton England Coach Education System. The aim of the course is to link theory and practice so you will learn about what to coach and then how to apply this when working with players.

**Course Content:** Introduction to how to coach beginners and what to coach them. There are four broad headings ranging from coaching practice to rules.

**Assessment:** Assessed throughout the day, written work and independent assessment.

**Prerequisites:** Candidates should have some understanding of basic scoring and rules particularly serving rules), will be expected to have some experience playing the game, should be able to racket feed single shuttles to the forecourt and rear court using an underarm technique to give players reasonable practice opportunities and must be a minimum of 16 years of age.

**Duration:** 2 Days

**Qualification:** Level 1 Certificate in Coaching Badminton

**Cost:** £195

Badminton England is currently looking at venues to hold coursing days. If you are interested in participating or require further information please contact Priya Kapoor on 01707 281006.

**Activity: Table Tennis****Course: Coaching Table Tennis**

**Information:** The course is made up of 6 modules qualifying candidates to deliver coaching activities, teaching them coaching skills, philosophy and demonstrating a variety strokes amongst others.

**Assessment:** Written paper and 15 minute practical

**Prerequisites:** To complete an appropriate Child Protection Workshop, Emergency Life Support Course and have a valid CRB certificate (these can be completed at the same time at an additional charge.) Candidates must be a minimum of 16 years old. Pre course preparation includes questions and reading.

**Duration:** 2 Days

**Qualification:** 1<sup>st</sup>4sport Level 1 Certificate in Coaching Table Tennis

**Cost:** £160

The English Table Tennis Association is currently looking at venues to hold coursing days. If you are interested in participating or require further information please contact Priya Kapoor on 01707 281006.

## First Aid Course

This is the minimum level of training recommended by the Health and Safety Executive for those acting in an emergency and is accepted by all sport and therapy governing bodies for insurance and CPD purposes. It has a sport and exercise bias making it practical, useful and will address many of the common issues and concerns you could potentially find in any sports environment.

Delegates will receive training in a range of first aid subjects, including:

- Legalities of First Aid: obligations, Duty and Standard of Care expected of the volunteer first aider
- Action at an Emergency: the Primary Survey - DRABC
- Basic Life Support: Resuscitation Council Guidelines 2005, Adult and Child sequences, including Defibrillation demonstration
- Management of the Unconscious Casualty
- Assessment and treatment of a casualty who is wounded, bleeding or shocked
- Assessment and treatment of common major and minor workplace injury and illness
- Case studies and discussion: open forum

Dates: There will be one a month up till October, dates TBC

Cost: £45.00

**For more information please contact Priya Kapoor on 01707 281006 or [p.kapoor2@herts.ac.uk](mailto:p.kapoor2@herts.ac.uk)**