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|--------------------------------|--|
| <b>Day:</b>                    | Tuesday Evenings plus full days (see below)  |
| <b>Time:</b>                   | Eves—630-930pm Full Days 930am-430pm   |
| <b>Dates:</b>                  | Tuesday evenings from 6th September until 8th May<br>PLUS full days on 2nd, 3rd, 4th, 10th, 11th, 17th, 18th, 24th September, 14th, 15th January 2012, 4th, 11th February, 17th April 2012 |
| <b>Numbers:</b>                | Minimum 8, Maximum 14  |
| <b>Course Level and Title:</b> | Level 3 Certificate in Personal Training   |
| <b>Course Fee:</b>             | £1050. The course includes assessment fees and manuals. Reassessments will be charged at £50.  |
| <b>Tutor:</b>                  | Various  |

### Who is the Course for?

**Do I need any prior experience?** You must already hold a Level 2 Fitness Instructor Qualification.

**Will I need an Interview?** No

### What are the aims of the course?

#### What topics will I cover?

- Fitness Assessment
- Client Lifestyle
- SMART goals
- Programming
- Anatomy and Physiology



- Delivering personal training sessions
- Nutritional advice
- Pre/post natal clients
- Older adults and disabilities
- PNF Stretching
- Core Stability and fitballs

### What will the sessions consist of?

A team of Personal Trainers will lead this course and workshops to give you access to a range of delivery styles and training systems. You will have a client as a case study whom you will take through from fitness assessment, to training, to nutritional advice.

There will be some home study and you will need to deliver a minimum of 4 x 1:1 training sessions in your own time.

### How is the course assessed?

**Practical Exam?** Yes      **Written Exam?** No

**Awarding Organisation:** Central YMCA Qualifications, [www.cyq.org.uk](http://www.cyq.org.uk)

### How can I prepare for the course?

Revise muscles, the heart and muscle movements.

### Key Facts

Apprenticeship option? Yes

Key Qualification? Yes

**What Next?  
Contact us**

Adult Education, The College of Richard Collyer  
Hurst Road, Horsham, RH12 2EJ  
Phone: 01403 216597  
Email: [adulthood@collyers.ac.uk](mailto:adulthood@collyers.ac.uk)

## Short Course Information 2011-12

Thank you for applying for a course with Collyer's Adult Education. I am writing to confirm your place on the course, and to advise you of important information regarding term dates and your first night. Course start dates are detailed in the brochure, subject leaflet and on our website.

## Term Dates and holidays

**Autumn term** – Courses start in the week commencing 13<sup>th</sup> September 2010.

**Spring term** - Courses start from Tuesday 4<sup>th</sup> January 2011 and Monday courses from the 10<sup>th</sup> January.

**Summer term** - Courses start on Wednesday 27<sup>th</sup> April 2011, Thursday 28<sup>th</sup> April and Tuesday 3<sup>rd</sup> May.

|                    |   |
|--------------------|---|
| <b>Autumn Term</b> | Monday 5 <sup>th</sup> September – Thursday 15 <sup>th</sup> December 2010<br><i>(Half Term Monday 24<sup>th</sup> October – Friday 27<sup>th</sup> October - no classes)</i> |
| <b>Spring Term</b> | Wednesday 4 <sup>th</sup> January – Thursday 29 <sup>th</sup> April 2012<br><i>(Half Term Monday 13<sup>th</sup> February – Friday 16<sup>th</sup> February - no classes)</i> |
| <b>Summer Term</b> | Wednesday 16 <sup>th</sup> April – Thursday 28 <sup>th</sup> June 2011<br><i>(Half Term Monday 4<sup>th</sup> May – Friday 7<sup>th</sup> June - no classes)</i>              |

## Your first night

Please arrive **half an hour** before the start time and report to the Learning Resource Centre where we will introduce you to your tutor group, unless you are repeating last term's course. Please bring money for refreshments and a pen and paper (where appropriate).

## Car Parking

In the evening you can park anywhere in the main car park. The entrance and exit barriers will be up and so you will not need a pass to exit the campus. We look forward to meeting you on your first night.

## Refreshments

A refectory is open Monday to Thursday 7.00-9.00pm serving hot and cold drinks and biscuits

Collyer's Adult Education

## Long Course Information 2011-12

Thank you for applying for a course with Collyer's Adult Education. I am writing to confirm your place on the course, and to advise you of important information regarding term dates and your first night. Course start dates are detailed in the brochure, subject leaflet and on our website. Most 30 week courses end by early June 2011.

### Term Dates and holidays

**Autumn term** – see overleaf for the first session date.

**Spring term** - Courses recommence on Tuesday 4<sup>th</sup> January 2012.

**Summer term** - Courses recommence on Wednesday 27<sup>th</sup> April 2012.

|                    |   |
|--------------------|---|
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| <b>Summer Term</b> | Wednesday 16 <sup>th</sup> April – Thursday 28 <sup>th</sup> June 2011  |

### Your first night

Please arrive **half an hour** before the start time and report to the Learning Resource Centre where we will introduce you to your tutor group. Your tutor will advise you on the first night of the text book to be used. We would therefore recommend that the text book is not purchased before the start of the course. Please bring a pen, paper, and money for refreshments.

### Car Parking

In the evening you can park anywhere in the main car park. The entrance and exit barriers will be up and so you will not need a pass to exit the campus. We look forward to meeting you on your first night.

### Refreshments

A refectory is open Monday to Thursday 7.00-9.00pm serving hot and cold drinks and biscuits.

## **CYQ Course Information 2011-12**

I am pleased to confirm your place on the above course. The course does require 80% attendance. Details of the dates are overleaf.

### **Practical Assessment**

Assessment consists of a written plan, 1 hour practical delivery of this plan and a written evaluation. You will be allocated a 2 hour slot on the following day on the last day of the course and will need to provide a client for that. For Circuits the assessment will last all day as you will be clients for the other candidates. There is a fee of £50 for additional practical exam re-sits if required and you may be required to bring clients for the assessment.

### **Pre-course work**

Before the Anatomy and Physiology course starts it is worth getting a basic skeleton and muscle diagram and learning the key bones and muscles. [www.anatomyarcade.com](http://www.anatomyarcade.com) and Mel Cash's book "Pocket Atlas of the Moving Body" are useful.

### **Maps and Directions**

These are enclosed. On the first day please report to the Sports Building at 9.20am. The room is on the first floor and is number C112. There is a car park for your use and the barrier will lift on approach if it is not already open. Any concerns please contact Mel Hargreaves on 07795558211.

### **Homework and Assessment**

The course is fast paced and you should expect some home study. You should also have access to fitness classes and the gym so you can gain experience and look at other instructor's approaches to teaching.

**\*\*\*\* For Circuits please be advised that between the first and second weekend March you will need to prepare your written plan and produce your station cards. \*\*\*\***

### **Refreshment Facilities**

Tea and coffee will be available at break times and there is a refectory is open in the evenings, Monday to Thursday 7.00-9.00pm serving hot and cold drinks and biscuits. At weekends you will need to bring plenty to eat as the canteen is not open at weekends.

### **Clothing and Equipment**

Please wear suitable attire for the gym even during the theory sessions as these will not be entirely desk based. You will be provided with any text books on the first day.

We look forward to meeting you on your first day.

Collyer's Adult Education