

Sport and Fitness

CYQ Gym Instruction - Level 2

This qualification is a combination of theory and practical work, incorporating anatomy, physiology and practical Gym Instruction. There is an external paper and an internal practical assessment. Applicants must be at least 16 years old.

This course takes place at the Kingsland Skills Institute Campus, Houghton Regis.

DAY	Monday	Monday	Mon/Thurs	Mon/Thurs
DATE	29/09/08	02/03/09	29/09/08	02/03/09
TIME	0930-1630	0930-1630	0930-1630	0930-1630
WEEKS	15	15	15	15
FEE	£320	£320	£320	£320
DISCOUNTED FEE	£150	£150	£150	£150
CODE	26241 D08KA	26241 D08KB	26241 E08KA	26241 E08KB

CYQ Health Related Exercise for Children - Level 2

This course will focus on how to prepare and instruct children's fitness sessions, using a range of equipment. It will consist of both theoretical and practical units, including anatomy and physiology. Assessment methods will include an external theory paper and a practical session that will be assessed separately.

This course takes place at the Kingsland Skills Institute Campus, Houghton Regis.

DAY	Saturday
DATE	04/10/08
TIME	0930-1515
WEEKS	10
FEE	£195
DISCOUNTED FEE	£90
CODE	26249 D08KA

VTCT Diploma - Anatomy & Physiology - Level 3

You will gain theoretical knowledge and understanding of Anatomy and Physiology, to enable you to progress onto further studies eg: Body Massage, Reflexology and Health and Fitness. You do not need any formal qualifications or prior experience to take the course.

VTCT registration fee is £15

This course takes place at the Kingsland Skills Institute Campus, Houghton Regis.

DAY	Wednesday	Wednesday
DATE	01/10/08	14/01/09
TIME	0930-1245	1815-2130
WEEKS	15	15
FEE	£195	£195
DISCOUNTED FEE	£90	£90
CODE	26250 D08KA	26250 E08KA

VTCT Diploma in Sports Massage Therapy - Level 3

You will acquire theoretical and practical knowledge of body massage, enabling you to apply techniques effectively and safely. You will also study specific massage techniques for sports participants. Elements of first aid are also covered. You will need a Certificate in Swedish Body Massage to enrol onto this course.

VTCT registration fee is £15

This course takes place at the Kingsland Skills Institute Campus, Houghton Regis.

DAY	Saturday
DATE	04/10/08
TIME	0930-1515
WEEKS	15
FEE	£295
DISCOUNTED FEE	£145
CODE	26240 D08KA

Sport and Fitness

CYQ Personal Trainer - Level 3

All applicants must attend an interview and must already have a Level 2 qualification in Gym Instruction, but this can be taken alongside the Personal Trainer qualification. This qualification is recognised by the Register of Exercise Professionals. Applicants must be at least 17 years old.

It is made up of five units:

- Client Lifestyle and Fitness Assessment
- Advanced Gym Instruction
- Nutrition and weight management (+ Registration and Certificate Costs)
- Training in different environments
- Business and Marketing Skills.

This course takes place at the Kingsland Skills Institute Campus, Houghton Regis.

DAY	Tues & Thurs
DATE	30/09/08
TIME	0930-1500
WEEKS	30
FEE	£650
DISCOUNTED FEE	£250
CODE	26246 D18KA

CYQ Sports Conditioning - Level 3 **NEW**

Students will learn how to analyse sporting actions, prepare progressive drills and activities for Sports Participants and plan a variety of sports-specific conditioning sessions. Applicants must hold a Level 3 Exercise and Fitness qualification.

This course takes place at the Kingsland Skills Institute Campus, Houghton Regis.

DAY	Monday
DATE	20/04/09
TIME	0930-1230
WEEKS	10
FEE	£130
DISCOUNTED FEE	£61
CODE	26243 D08KA

CYQ Fitness Training for Independent Older Adult - Level 3

This qualification focuses on safe exercise for older adults, taking into account the physiological changes that take place as a person ages. There is an internal practical assessment, case study and external paper. Applicants must hold a Personal Trainer qualification.

This course takes place at the Kingsland Skills Institute Campus, Houghton Regis.

DAY	Friday
DATE	03/10/08
TIME	0930-1245
WEEKS	25
FEE	£195
DISCOUNTED FEE	£90
CODE	26247 D18KA

CYQ Pre and Post-Natal Activity - Level 3

Students will learn how to teach safe exercise to ante and post-natal women and will study the physiological and psychological benefits of exercising during pregnancy. Students will study the changes that take place at the different stages of pregnancy, and how to adjust exercise as pregnancy progresses.

This course takes place at the Kingsland Skills Institute Campus, Houghton Regis.

There will be an internal practical assessment, case study and external paper. Applicants must hold a Personal Trainer qualification.

DAY	Wednesday
DATE	01/10/08
TIME	0930-1245
WEEKS	10
FEE	£130
DISCOUNTED FEE	£61
CODE	26248 D08KA