

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.

DAY	DATE	TIME	WEEKS	FEE	DISCOUNTED FEE	CODE
Mon	24/09/07	0930-1630	15	£320	£150	26241 D07KA
Mon	18/02/08	0930-1630	15	£320	£150	26241 D07KB
Mon & Thu	24/09/07	1815-2130	15	£320	£150	26241 E07KA
Mon & Thu	18/02/08	1815-2130	15	£320	£150	26241 E07KB

This course takes place at Kingsland Skills and Enterprise Centre, Houghton Regis.

CYQ Health Related Exercise for Children

Level 2  **NEW**

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

DAY	DATE	TIME	WEEKS	FEE	DISCOUNTED FEE	CODE
Sat	29/09/07	0930 - 1515	10	£195	£90	26249 D07KA

This course takes place at Kingsland Skills and Enterprise Centre, Houghton Regis.

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 £15

DAY	DATE	TIME	WEEKS	FEE	DISCOUNTED FEE	CODE
Wed	26/09/07	0930 - 1245	15	£195	£90	26250 D07KA
Wed	09/01/08	1815 - 2130	15	£195	£90	26250 E07KA

This course takes place at Kingsland Skills and Enterprise Centre, Houghton Regis.

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 £15

DAY	DATE	TIME	WEEKS	FEE	DISCOUNTED FEE	CODE
Sat	29/09/07	0930 - 1615	15	£295	£145	26240 D07KA

This course takes place at Kingsland Skills and Enterprise Centre, Houghton Regis.

Sport and Fitness

CYQ Personal Trainer

Level 3



NEW

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. This qualification is recognised by the Register of Exercise Professionals. Applicants must be at least 17 years old.

It is made up of 5 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.

DAY	DATE	TIME	WEEKS	FEE	DISCOUNTED FEE	CODE
Tue & Thu	25/09/07	0930 - 1500	30	£650	£250	26246 D17KA

This course takes place at Kingsland Skills and Enterprise Centre, Houghton Regis.

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.

DAY	DATE	TIME	WEEKS	FEE	DISCOUNTED FEE	CODE
Mon	14/04/08	0930 - 1230	10	£130	£61	26243 D07KA

This course takes place at Kingsland Skills and Enterprise Centre, Houghton Regis.

CYQ Fitness Training for Independent Older Adult

Level 3



NEW

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.

DAY	DATE	TIME	WEEKS	FEE	DISCOUNTED FEE	CODE
Fri	28/09/07	0930 - 1245	25	£195	£90	26247 D17KA

This course takes place at Kingsland Skills and Enterprise Centre, Houghton Regis.

CYQ Pre and Post-Natal Activity

Level 3



NEW

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

DAY	DATE	TIME	WEEKS	FEE	DISCOUNTED FEE	CODE
Wed	26/09/07	0930 - 1245	10	£130	£61	26248 D07KA

This course takes place at Kingsland Skills and Enterprise Centre, Houghton Regis.