

Qualify as an Instructor (application form page 4)

The Basingstoke Sports Centre has been running training courses for Personal Trainers for over 17 years. In that time we have helped over 350 students become fully qualified and experienced in the industry.

Active IQ

Active IQ are one of the UK's leading ofqual approved awarding bodies, covering Health, Fitness, Sport & Recreation. In 2004 the Basingstoke Sports Centre became the first approved Centre in the UK to be approved to deliver the Active IQ www.activeiq.co.uk Training Courses.

Inspired Fitness Training Ltd

Inspired Fitness Training Ltd www.inspiredfitnesstraining.co.uk was set up by Mark Howick in September 2010, after 5 years of successfully running Fitness Instructor and Personal Training courses for the Sports Centre. Inspired Fitness Training now run the following training courses based at the centre:

Certificate in Fitness Instructing (Gym) Level 2

Certificate in Fitness Instructing (Exercise to music) Level 2

Certificate in Nutrition for physical activity Level 3

Certificate in Personal Training Level 3

All of the above courses are vocationally related qualifications (VRQ) and can be found on the National Qualification Framework. They also provide access onto the Register of Exercise Professionals (REPs) at the corresponding level (www.exerciseregister.org).

The Sports Centre

The courses at the Sports Centre are unique as they mix the benefits of learning the theory along side gaining practical experience.

You will achieve this by undertaking some work experience in a successful fully functioning Gymnasium environment. You will get the opportunity to be allocated an experienced qualified instructor to work along side. You can shadow them as they create tailored personally designed programs, perform Inductions, Fitness Assessments and Personal Training sessions.

As your knowledge and expertise grows you will be able to be involved in these appointments and eventually as you pass the relevant assessment you will be allowed to perform some of these sessions unsupervised and have your own clients booked in for you.

When will I have to attend?

All elements of the courses are run on a part time basis, which allow people in full time employment or education the ability to access them.

The theory sessions are run on one consistent evening a week between 6pm - 9pm. The practical sessions are normally run on a Saturday 5pm – 7.30pm (average 1-2 per month) when the gym is closed to the public, allowing us sole access to the equipment and free weight area.

How will I be assessed?

Each course is broken down into units, with each unit requiring varying types of assessment. These include theory papers (containing all multiple choice questions), worksheets, case studies, session plans and practical assessments.

How long does each course last and how much do they cost?

Fitness Instructor 8 Months Enrolment = £155 Monthly payment = £55*

Nutrition Advisor 3 Months Enrolment = £35 Monthly payment = £55*

Personal Trainer 10 Months Enrolment = £145 Monthly payment = £55*

* Costs include sponsorship from the Basingstoke Sports Centre

Can I use the Facilities whilst I am on the Course?

Yes, because you will be treated as a member of our staff when gaining the gym experience you will be issued with a free staff membership (conditions apply).

Do I need previous Qualifications or experience?

No previous qualifications are required for the Level 2 Fitness Instructors courses, although previous experience of using a gym/attending exercise classes would be beneficial. Good communication skills and a willingness to learn about the body and exercise are essential.

A Level 2 Fitness Instructor qualification is needed before you can enrol onto the Level 3 Nutrition for physical activity or the Level 3 Personal Trainer qualifications.

When does the next course start?

Certificate in Fitness Instructing (Gym) September 2011

Certificate in Fitness Instructing (Exercise to Music) September 2011

Certificate in Nutrition for physical activity May 2012

Certificate in Personal Trainer September 2011

Contact Details

Mark Howick
Inspired Fitness Training Ltd
Basingstoke Sports Centre
Festival Place
Basingstoke
Hants
RG21 7LE

(01256) 302236

07989 600 926

www.inspiredfitnesstraining.co.uk

Please provide a passport photograph with your application



COURSE APPLICATION FORM 2011 - 2012

TICK	REF.	COURSE TITLE Please see accompanying notes
	Q2FIG	Certificate in Fitness Instructing – Gym (Level 2)
	Q2FIE	Certificate in Fitness Instructing – Exercise to music (Level 2)
	Q3NUT	Certificate in Nutrition for physical Activity (Level 3)
	Q3CPT	Certificate in Personal Training (Level 3)

PERSONAL DETAILS

Title: Mr/Mrs/Miss/Ms Other
(please delete as appropriate)

Forename(s):

Telephone: Home

Surname:

Work

Mobile

Date of birth: / / Age

Email:

Address:

Emergency contact: Name:
Telephone:

Current occupation:

Postcode:

State name as you would like it for the certificates:

We are committed to a policy of providing equal opportunities for all.
This information is voluntary and will only be used for monitoring the equal opportunities policy.

Please tick the box which best describes your ethnic background:

- White Black British Asian British Chinese Asian Mixed Black

Other: _____

How did you hear about the course:

- Advert (Gazette) Posters / leaflets in Centre E-mail An existing student Internet/ Web site

Other: _____

Please give details of any Health & Fitness qualifications that you currently hold:

Please list previous sporting or fitness experience (include any experience of using gym facilities)

Other main qualifications (please include any for Maths, English, Communication, IT)

Please indicate whether you have any difficulty speaking, reading or understanding the English language or if you have any learning problems such as dyslexia, sight problems, hearing problems that we need to be aware of? (Please give details)

Please indicate whether you have a criminal record or awaiting any court proceedings (Please give details)

Yes No

Do you have a statement of special educational needs, or a diagnostic report?

Yes No (if yes, please provide a copy)

MEDICAL QUESTIONNAIRE

Please complete the accompanying PAR-Q medical questionnaire and attach it to your application. Regretfully if you answer yes to any of the questions, we cannot accept applications for the course without signed medical clearance.

PAR-Q Physical Activity Readiness Questionnaire

The course involves a certain degree of physical activity that requires us to ask you the following medical questions. Completion of a PAR-Q is a sensible first step if you are planning to undertake physical activity.

Please read the following questions carefully and tick the appropriate boxes.

		YES	NO
1.	Has your Doctor ever said that you have heart trouble?		
2.	Do you frequently have pains in your chest or heart?		
3.	Do you often feel faint or have spells of severe dizziness?		
4.	Are you pregnant or have you been pregnant in the last four months?		
5.	Has your Doctor ever said that you have high blood pressure?		
6.	Do you have a muscle, bone or joint problem, such as arthritis, that could be aggravated or might be made worse by exercise?		
7.	Are you aged over 65 and are not accustomed to vigorous exercise?		
8.	Have you undergone any form of surgery, or are presently on any form of medication?		
9.	Do you suffer from any medical conditions that have not been covered in the previous questions, such as Asthma, Diabetes, Epilepsy etc?		

Answered YES to one or more question

Please give details on the reverse of the form. If you have not already done so, consult with your Doctor prior to completing your application form. You should sign the declaration on the reverse only if you have answered yes to one of more questions and upon your Doctor's advice wish to submit your application.

NO to all questions

If you have answered the PAR-Q accurately, you have reasonable assurance of your present suitability to undertake our course. We would however recommend that you consult with your Doctor if you have not been exercising regularly during the last six months, or, if you have a temporary or minor illness at present as there is a significant amount of physical participation required throughout the course programme.

Declaration

I certify that the information given in the medical questionnaire is correct at the time of signing. I will inform the Sports Centre of any changes to my medical condition in the future.

Print full name _____ Signed _____ Date _____

Contact in case of emergency:

Name _____ Relation _____ Tel no. _____

PAR-Q Physical Activity Readiness Questionnaire

Please give details of any questions that you answered 'YES' to on the reverse.

Details of medical conditions

Details of previous surgery

Please list current medication

Declaration

(Only needs to be signed after visiting Doctor if you answered yes to any questions on the par-Q)

Having consulted with my Doctor, we both feel that I am suitably able to proceed with the physical aspects of the course.

Print full name _____ Signed _____ Date _____