

Competition Brief

Fitness Trainer, Assistant Trainer

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| Date | | |
| Competitors will be invited to participate in a live event at [name of venue] on [date of competition].  Address: [address of venue] | | |
| Entry Requirements | | |
| The competition is for the learners working towards Entry Level 3.  Competitors must be 16 years of age or over.  A maximum of 2 competitors per organisation may enter.  Applications to be made via [your regional competition lead or portal address]. Deadline for entries: [date]  A statement of support that outlines any individual needs of the competitor within the competition must be submitted to [Regional competition lead email address] or will need to be completed by the day prior to beginning the competition. | | |
| Competition Task | | |
| Competitors must plan a mini gym induction for a new gym user.  The participant is generally fit and active and has been to a gym once or twice but doesn’t really know how to use any equipment.  Competitors must bring a willing ‘client’ with them to the live heat who will be assigned to another competitor at random during registration – the client must be generally fit and active to be able to participate but there is not an age limit on this client.  Competitors will be judged for a strict 15 minutes.  Competitors must demonstrate/utilise at least 5 exercises or pieces of equipment (1 using free weights, 1 using CV machinery, 1 using resistance machinery and 2 of the competitor’s choice).  Competitors will be asked to list the exercises demonstrated after their session and may be asked to explain why they chose those exercises or pieces of equipment.  **Competitors will have access to the fitness suite and a range of equipment** (exact equipment list will not be confirmed in advance of the day  Free Weights –   * Barbells * Dumbells   CV – at least 3 of the following   * Treadmill * Upright Cycle * Rower * Elliptical machine/cross trainer   Resistance – at least 6 of the following or 5 including a DAP   * Low pulley or seated row * High pulley or lat pull down (or substitute both pulleys for DAP) * Chest press * Shoulder press * Leg press * Mats * Assisted Dips * Assisted Pull Ups | | |
| Marking and Assessment | | |
| Competitors taking part in this competition should be able to   * Introduce themselves to the client, making them feel welcome and at ease to start the session. * Establish the client’s current fitness level and any possible risks from participation in the activity. * Explain the purpose and value of the proposed programme and broke it down into warm-up – main session – cool down. * Explain the facility’s emergency procedures. * Check all the equipment to be used for safety ensuring sufficient space for each exercise to be performed. * Demonstrate communication skills (both verbal and non-verbal) appropriate to the client and start to establish an effective rapport. * Provide instructions, demonstrations and feedback that were technically correct and safe * Provide motivating positive reinforcement throughout. * Position correctly to observe and monitor activities completed by the client. * Start and finish the session promptly – allocating appropriate time for each component and putting equipment away immediately after the activity. * Provide feedback at the end of the session and ensured the client understands how to carry out the exercises without supervision. | | |
| Additional information | | |
| Competitors must bring a willing ‘client’ with them to the live heat who will be assigned to another competitor at random during registration – the client must be generally fit and active to be able to participate but there is not an age limit on this client.   * **Competitors may bring with them and use:** A clipboard, something to write with/on and a stopwatch. * Competitors will receive a health & Safety briefing at the start of the competition. * Competitors will start and finish work as instructed by the judges. * Competitors who arrive late for the event will not receive additional time * If there is a power stoppage, breakdown of equipment or accident, the competitors must act according to the instruction of the organiser. * If during the competition a competitor feels they must leave their work area (e.g. medical reasons, toilet break), they will have the time recorded on a ‘time out’ sheet by a member of staff * No mobile telephones, music or own equipment is allowed in the competition room. * The Judge’s decision is final. * Photographs will be taken during the event that maybe used for marketing/publicity purposes – if the competitor / support staff cannot have their photo taken it is the responsibility of the organisation entering the competition to notify the organisers beforehand and at the event. * If a competitor / support staff have any dietary requirements or allergies please notify when completing the competition application. * Competitors must only receive agreed support that is outlined in their support statement. Support that is deemed to be outside that given in the support statement could result in the competitor being disqualified from the competition. * Please advise [Regional competition lead email address] prior to the event how many support staff will be accompanying the competitors from your organisation.   All entries to be received by: [deadline for entries date] | | |
| If you require further information please contact: | | |
| For information specific to this regional competition, contact your **regional competition lead**:  [Regional competition lead name]  [Regional competition lead email address]  Tel: [telephone number] | For information about the content or technicalities of the competition, contact the **national competition lead**:  Christopher Pitts, (AoC Sport)  [FitnessTrainer\_Comp@aoc.co.uk](mailto:FitnessTrainer_Comp@aoc.co.uk)  07725 235 006 | For general information about Inclusive Skills Competitions, contact the **Projects & Partnerships Co-ordinator** at Derwen College:  Helen Edwards [helen.edwards@derwen.ac.uk](mailto:helen.edwards@derwen.ac.uk)  Tel: 01691 661234 ext 354 |