

Competition Information document – Fitness Instructor

Pre-Brief

This competition will test an assistant trainer's ability to work in the gym environment independently and/or with a qualified gym instructor or personal trainer.

The competitor should be familiar with basic fitness techniques and training methods and used to working with a client they may not have met before, ensuring the safety of themselves, their client and other facility users at all times.

Competitors will be given 30 minutes to complete.

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 3 competitors per organisation may enter.

A statement of support that outlines any individual needs of the learner within the competition - i.e.: support with communication etc. will need to be completed by on the day prior to beginning the competition.

The competition will be open for entries from 1 March 2018 to 7 April 2018 through the WordSkills UK entry system. For the most up to date information please check the Natspec website.
<https://natspec.org.uk/study-programmes/skills-competition/>

If you require further information, please contact

For general information about Inclusive Skills Competitions, contact Louise Keevil the Inclusive Skills Manager at Natspec, email: louise.keevil@natspec.org.uk Tel: 0115 854 1322