

# Newsletter

The latest news and information on Fitness Courses at Highlands College

## Whats new

On behalf of the team we would like to thank all of our students for their continued support and loyalty in selecting Highlands College to fulfil their training needs. It is very rewarding to see students returning to us time and time again to continually up skill and gain their valuable REPS points. It really does highlight the professionalism and passion that fitness professionals have in Jersey towards their craft!

We are pleased to welcome our new administrator Sophie to the team and already she has implemented some new processes to continually improve the student experience. If you need to contact us with anything of an admin nature Sophie is available on the email address [Sophie.Dimaro@highlands.ac.uk](mailto:Sophie.Dimaro@highlands.ac.uk) and telephone no 608708.

It is with great sadness that we announce Dan McDowell's departure from the team as he prepares to go down under and live in Australia with his family.

Regardless of how much we will miss Dan just for being Dan it is without doubt a real loss to the CYQ team. Dan has brought professionalism, dedication and absolutely buckets full of passion to everything he does and it will be a great loss. He has been fully appreciated by staff and students alike. I want to personally thank Dan for everything he has given to the programme and to me as a friend. We wish Dan well and hope he will return now and again to share new ideas and approaches to sports conditioning.

It has been a very busy term for us with both our L2 Fitness Instructor and L3 Personal Training Course proving as popular as ever. All candidates have passed the qualification and many have moved on to upgrade their PT Certificate to the NEW PT Diploma. These students have been busy completing their Outdoor Fitness and Business Skills modules to gain the more



advanced qualification. For individuals who are going on to work on a self-employed basis and do/or don't have access to an indoor facility they have found both these modules to be invaluable in developing their tool kit of skills. Amongst the recent group to finish is husband and wife team Dan and Terri Garrido. Although recently qualified they have big ambitions for their new fitness offering FX Fitness– read the full article on page 2.

Due to popular demand we are pleased to announce the launch of our NEW L3 Certificate in

Sports Massage (Soft tissue therapy). Courses will be taught on 1 weekend every month over a 6 month period– see back page for full details.

Regards

**Glenda Rivoallan**  
CYQ Course Director



## Industry update

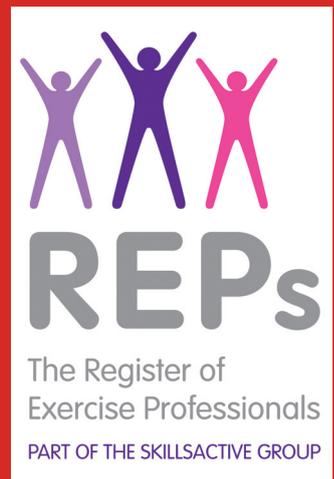
The government recently highlighted the importance of being a member of the Register of Exercise Professionals and the Register's positive impact on the health of the nation.

In its response to the House of Lords' report on the Olympic legacy and the nation's health, the Government stated that:

"Registration through REPS signifies that gym instructors meet minimum National Occupational Standards for the knowledge, competencies and skills needed to perform their specific role. For

those delivering exercise referral, the required level of registration is determined by the clinical needs of the referral population. We would encourage all commissioners of exercise referral schemes to make the use of appropriately trained and qualified exercise professionals (and eventually compliance with the updated guidelines for exercise referral) a contractual requirement."

If you haven't already done so join REPS today and gain the recognition you deserve.



# Forthcoming Courses and Dates

Course title	Dates	Price
L2 Certificate in Fitness Instructing	Feb 2013	£765
L2 Circuits	tbc	£295
L3 Certificate in Personal Training	March 2013	£1435
L3 Diploma in Personal Training	March 2013	£2050
L3 Award in Nutrition	May 2013	£325
L3 Certificate in Sports Massage	Feb 2013	£1795 (if not L2 exempt)
	May 2013	£1295 (if L2 exempt)
L3 Award in Sports Conditioning	September 2013	£480

## FX Fitness

Terri Garrido has always enjoyed an active life and decided on a career change to become a Personal Trainer in the summer of 2011. A very good friend of hers who is a Personal Trainer had successfully set up from home and suggested to her that this might be a good option to go for rather than work in a commercial gym. After lots of research Highlands College seemed the best option to go for so that she could stay in Jersey & keep working.

Terri soon got on the task to find an architect who could help her put in a planning application for change of use on her lounge to a gymnasium. Terri was put in touch with Dan who met up with her a few days later to take some measurements on the house in order to draw up some plans.

On their first meeting they discovered they both had a passion for sport & Dan was interested to find out more about Terri's career change and he invited her to try out some Thai Boxing with him. Terri encouraged Dan to take up running and before long the two of them realised that they had met their perfect match and were married three months later – ahhh!!!

Terri embarked on the CYQ Level 2 course in November

2011 and thoroughly enjoyed it. She went on to take the two extra Level 3 modules at the beginning of 2012 so that when she had completed her Level 3 Personal Training course it would give her a diploma. Terri also did the Level 2 CYQ Group Indoor Cycling course in February. Dan soon followed suit & embarked on the Level 2 course in February and the pair of them did the CYQ Level 3 Personal Trainer's course from March to July 2012.

As they intended to work from a brand new studio rather than an established gym, many things had to be considered prior to starting work, and Terri found the Business & Marketing module an invaluable tool in setting up the business. Information taught varied from how to make yourself appealing to your target audience to the best colour scheme to use on your website, and lead Terri to come up with the name FX Fitness.

Dan fulfilled his original purpose of obtaining planning approval to convert part of the house to a studio, and with assistance from friends, family and other helpful tradesmen, their gym will be ready to open its doors for business before the end of the year.

Having a gym at home provides



**Terri and Dan Garrido have set up a new and exciting concept - FX Fitness**

FX Fitness a unique selling point - a place where people can train without the potentially intimidating atmosphere of a commercial gym and the added benefits of exclusivity, privacy and availability of equipment. The gym is located on the outskirts of St. Helier with dedicated parking, and comprises of a functional training and weights room and a separate cardiovascular area and stretching zone.

In less than a year, on what has been an interesting and enjoyable journey, and with

the help of CYQ and Highlands College, Terri and Dan have set up a new and exciting concept - FX Fitness - a dynamic husband and wife team providing personal training from a new and exclusive private gym. Contact Dan or Terri on 731850 for more information.



# Did you know?

## Gyms are 'no-go zones' for disabled people, say campaigners

Many of Britain's gyms, leisure centres and swimming pools are "no-go zones" for disabled people and will struggle to cope with an expected surge in interest in fitness activities, following the Paralympic games, campaigners have warned.



A crowdsourced survey of hundreds of gyms across the UK by charity volunteers Leonard Cheshire Disability suggests that many local facilities are partially inaccessible, difficult to navigate and expensive to join. Some did not have specialist gym equipment and nearly half lacked staff trained in disability awareness.

One of the key legacy aims of the Paralympics is to increase participation in sports by Britain's 11 million disabled people. Just 18% of disabled adults undertake physical activity for more than 30 minutes a week, compared with 38% of non-disabled adults, according to Sport England.

The survey found that nearly a third of gyms did not have an automatic door at the entrance to the gym, while some were fitted with heavy internal doors that were difficult to open. One survey reporter said he watched a wheelchair user forced to open such a door by pushing it with his head.

- Although many gyms had lifts, just over one in five were not working properly. A common problem was that lifts were too small for larger wheelchairs and control buttons were set too high. In one case, it was reported that a lift leading to the gym area of a leisure centre did not appear to have been working for more than a year.
  - A quarter of swimming pools did not have hoists to support disabled people to get into the water, while 31% of gyms did not have any fitness equipment that was suitable for disabled people.
- Are you geared up for an audience which is on the increase?

# Looking for a new challenge?

If you are a fitness instructor or personal trainer why not take the next step in your fitness career. Gain employment with a fitness provider as a tutor and/or assessor to earn extra cash and provide a path to greater career opportunities. Highlands College are now looking to recruit fitness instructors and or personal trainers with relevant and considerable experience who have a desire to teach others on the principles and concepts of fitness training. A teaching and assessing certificate would be advantageous but not compulsory as full training would be given. Contact Glenda Rivoallan on 01534 608588 or Glenda.Rivoallan@highlands.ac.uk for further details.



# Student success



The team would like to take the opportunity to congratulate the recently qualified L3 Personal trainers who taught an impressive range of advanced fitness sessions. We also gained our highest pass rates since we offered the course on the Anatomy and Physiology paper. Great attendance, commitment to study and passion for the content does really make the difference!

# Learn to teach Sports Massage!

Taught by experienced tutor Ciara Ahern from Sports Massage Jersey, Highlands College is proud to offer the **NEW CYQ Level 3 Certificate in Sports Massage - Soft tissue therapy.**

This qualification is particularly relevant for candidates who wish to develop their knowledge and skills to required to provide sports massage (soft tissue therapy) to a range of clients who have no underlying pathological conditions.



<b>Candidates will cover the following modules:</b>	
H/600/9013	<b>Anatomy and physiology for exercise Level: 2</b>
A/600/9017	<b>Principles of exercise, fitness and health Level: 2</b>
T/602/5331	<b>Anatomy and physiology for sports massage Level: 3</b>
J/602/5334	<b>Assisting soft tissue repair Level: 3</b>
L/602/5335	<b>Professional practice in sports massage Level: 3</b>
R/602/5336	<b>Assessing clients and treatment planning Level: 3</b>
A/602/5332	<b>Applying sports massage techniques Level: 4</b>
A/602/5329	<b>Providing post-treatment care Level: 3</b>

The CYQ Level 3 Certificate in Sports Massage (Soft Tissue Therapy) is endorsed by the Sports Therapy Organisation. Successful learners will be able to apply for full membership of the STO (Sports Therapy Organisation). Membership of STO enables registration with the Complementary and Natural Healthcare Council (CNHC), the UK regulator for complementary healthcare, and entitles the learner to use the title 'Registered Sports Massage Practitioner'.

**Now taking applications for a start date in May 2013!**

## An invitation to the open day of our range of QCF CYQ accredited Health and Fitness courses

**1.00pm - 2.30pm Saturday 2nd March 2013 at Highlands College – Oakfield Building**

Highlands College are inviting you and your colleagues to the open evening of our short course programmes in health and fitness. We have many years experience training high calibre fitness professionals built on the delivery of high-quality, enjoyable training putting our students at the centre of everything we do. You'll gain knowledge in abundance from our team of tutors, all dedicated to giving you the best possible start towards achieving your dream career.

### Timetable for the event

<b>1pm - 1.30pm</b>	<b>Intro and presentation</b>
<b>1.30pm - 2.15pm</b>	<b>Come and experience the latest fitness methods with 1-1 sessions with CYQ personal training candidates. (must be pre booked and spaces are limited).</b>
<b>2.15pm - 2.30pm</b>	<b>Opportunity for career advice and planning with CYQ course team.</b>

To learn more about the opportunities and rewards of working in the fitness industry and experience our taster sessions, please register attendance and preferences by emailing [Sophie.Dimaro@highlands.ac.uk](mailto:Sophie.Dimaro@highlands.ac.uk) or by phone on 01534 608708.