

Part time, 22/23

Women Into Training

Level 1 | Extended Certificate in Vocational Studies

Course information (PDF generated at 01/12/2022 06:46:36 am)
www.sgscol.ac.uk/study/academic-sport/women-into-training

Summary

The Women into Training programme (WIT) (Level 1 Extended Certificate – Vocational) is designed to provide women with the necessary skills, knowledge and understanding to develop their overall performance in the gym and physical activity, as well as improving overall health and wellbeing.

The programme is divided into two sections; the formal Level 1 qualification and bitesize performance support workshops.

The level 1 qualification requires you to complete a series of short workbooks, which will be assessed by the tutor and returned to you in a timely fashion. Upon successful completion of the programme, you will receive a level 1 qualification and have the opportunity to progress onto the level 2 Women into Training course.

The level 1 qualification will cover a range of modules, including:

- The Effects of Taking Part in Physical Activity on the Female Body
- Anatomy and Physiology and Gym Performance
- Training as Part of a Healthy Lifestyle
- Fuelling your Body for Gym Performance
- How to Plan Your Own Fitness Programme
- Using Data to Improve Your Gym Performance

The bitesize performance support workshops are the (even more) fun part! We are excited to announce that we will be joined by a whole host of women with broad experiences in the sport,

Enrol online



gym, health and wellbeing sectors, who will deliver exciting content to support women with their gym and training performance. The bitesize workshops will include topics, such as:

- Strength and Conditioning Masterclasses
- Gym, Training and the Menstrual Cycle
- Prehab and Rehab Top Tips
- Yoga and Relaxation for Performance
- Mindset for Maximising Performance
- Menopause and Performance

You will become a member of the Women into Training community and will have the opportunity to connect with likeminded individuals, link up for training sessions and learn from those around you. We will also host bi-annual meet ups at our SGS WISE Campus to bring the WIT community together from all over the country!

How will I learn?

With this course, we have brought the classroom to you and have created an interactive online learning environment so you can study from the comfort of your own home. These sessions are never pre-recorded and like in a classroom you will have a tutor and other students interacting with you on live set teaching dates. The live experience allows you to ask questions and gain relevant skills and knowledge without having to leave your desk (or sofa)!

The course is delivered over an 8-week period, following on from this we will release weekly content, including session plans, for you to complete in your own time. From 6-8pm, you will be in the live classroom environment completing the qualification, and from 8:15-8:45pm we will be joined by our amazing line up of guest speakers for the bitesize performance support workshops.