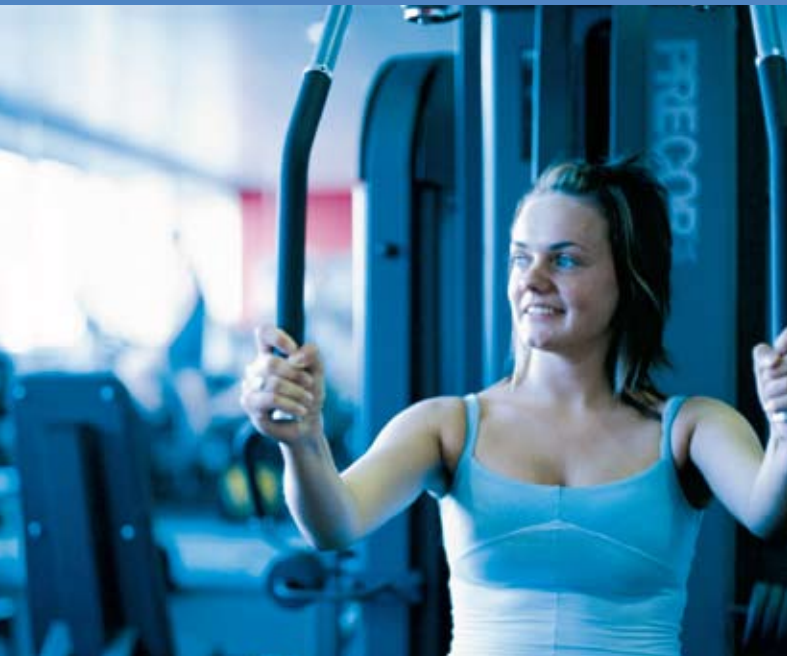


JUST LAUNCHED!
Online GYM and ETM courses



ADAM SMITH COLLEGE
INSPIRING LEARNING



TRAINING Programme

Adam Smith Business Solutions
www.as-bs.co.uk

ADAM SMITH
BUSINESS SOLUTIONS



At Adam Smith College we recognise the contribution to the workplace of highly skilled, motivated and well-trained individuals. From Leisure Attendant to Leisure Manager a career chosen from this spectrum will be demanding, yet ultimately rewarding for any individual. We have put together a package of training courses that we hope will serve you as you develop within the industry.

Courses

Institute of Sport and Recreation Management

Sport and Recreation Supervisory Management Course

- Module One - Sports Services Operations
- Module Two - Employment Practice
- Module Three - Finance and Administration

Pool Supervision Trainer/Assessors Course



Active IQ

Online Level 2 Certificate in Fitness Instructing (Exercise to Music)

Online Level 2 Certificate in Fitness Instructing (GYM)



Institute of Qualified Lifeguard Courses

National Pool Lifeguard Qualification (NPLQ) Course

National Pool Lifeguard Qualification Trainer Assessor Course



Other

First Aid at Work Certificate (HSE Approved)

Emergency First Aid Course

Manual Handling Workshop

Manual Handling Instructor Course

BSc Sport and Fitness (part-time)

ADAM SMITH COLLEGE
INSPIRING LEARNING

Sport and Recreation Supervisory Management Certificate

Certifying Body

Institute of Sport and Recreation Management (ISRM)

Duration

Each module has 2 parts and each module is 4 days in duration.

Of Benefit to ...

This course will be of interest to staff currently undertaking a supervisory role who would like a formal qualification, aspiring supervisors and employers looking for training solutions for staff working at this level.

Course Content

This course is made up of 3 modules:

Module 1 : Sports Services Operations

Module 2 : Employment Practice

Module 3 : Finance and Administration

Each module is certificated on its own enabling candidates to progress at their own pace and leave the programme at any stage with achievement being recognised. On completion of all 3 modules the full Sport and Recreation Supervisory Management Certificate will be gained.

Assessment

Each module is assessed by a combination of course work and a post course work-based assignment. Call 0800 756 1292 for further details.

Pool Supervision Trainer/Assessor (PSTA)

Certifying Body

Institute of Sport and Recreation Management (ISRM)

Duration

1 Day

Of Benefit to ...

No pre-requisite is required for this course, however candidates should have at least 2 years industry experience, knowledge of their workplace and the National Pool Lifeguard Qualification. This course will qualify candidates to deliver Unit 2 of the RLSS (UK) National Pool Lifeguard Qualification.

Course Content

During the course the following topics will be addressed; health and safety, training and assessment methods and techniques, course syllabus, administration and legislation.

Assessment

Attendance and participation throughout the course is required, please note pre-course work is required and candidates will be expected to deliver presentations throughout the course which will be assessed on an on-going basis. Call 0800 756 1292 for further details.



National Pool Lifeguard Qualification (NPLQ)

Certifying Body

Royal Life Saving Society (UK)
Institute of Qualified Lifeguards

Duration

Minimum 42 hours (including exam). Courses offered throughout the year.

Of Benefit to . . .

All applicants must be 16 years of age and be able to pass a pre-course water test, consisting of 50 metre swim in less than a minute, treading water for 30 seconds, deep water surface dive, 100 metre swim on front, 100 metre swim on back, able to climb out of pool unaided, jump/dive into deep water.

Course Content

The course consists of 11 elements all of which must be completed to pass the NPLQ. The content covers - lifeguard generic theory, rescue techniques, first aid, cardio-pulmonary resuscitation, supervision skills and legislation etc.

Assessment

Assessment will only take place for candidates who have attended 100% of training. The assessment consists of oral questions and practical tests. Call 0800 756 1292 for further details.

Pool Lifeguard Trainer/Assessor (RLSS) UK

Duration

Minimum course duration is 38 hours

Of Benefit to ...

If you are wishing to take the next step in your lifeguard career and train the National Pool Lifeguard Qualification (NPLQ), you will need to become a Pool Lifeguard Trainer Assessor (Unit 1 TA). As a minimum, you will need to be 18 years of age, be a member of the Royal Life Saving Society UK and hold a full National Pool Lifeguard Qualification (NPLQ).

Course Content

The course consists of 4 Units:

Unit 1 – Training the Trainer

Unit 2 – Training the Assessor

Unit 3 – Life Support

Unit 4 – Pool Lifeguarding

The course will require participation from all candidates throughout and for candidates to prepare presentations with supporting lesson plans for use during the course (topics will be allocated prior to course start date).

Assessment

At the end of Units 1, 2, and 3 candidates will have to pass a post unit written test (candidates may use resources to answer questions). Unit 4 requires 3 presentations of which; 1 theory presentation and 1 practical pool presentation, which will be formally assessed. Call 0800 756 1292 for further details.

Online Level 2 Certificate in Fitness Instructing (Exercise to Music)

Certifying Body

Active IQ

Duration

The benefit of this online course is that you can work at your own pace, in your own time and in your own home (or anywhere else you like).

You will be required to work your way through the online material completing worksheets as you go. All you have to attend at the training/assessment centre is the assessment days (theory assessment and practical assessment). You may, if you wish also attend an optional training day, that will allow you to ask questions and have a mock theory and practical assessment.

Of Benefit to...

Anyone who would like to work as an aerobic instructor. This qualification will provide entry onto the Register of Exercise Professionals at Level 2.

Course Content

This qualification comprises 3 units:

Unit 1 – Exercise and Fitness Knowledge Level 2

Unit 2 – Health, Safety and Professionalism in Exercise and Fitness Instruction

Unit 3 – Instructing Group Exercise to Music

Assessment

This course is assessed as follows:

Unit 1 – multiple choice theory paper

Unit 2 - assessed by completion of worksheets/portfolio which must be submitted to course lecturer at least 2 weeks prior to your practical assessment

Unit 3 – practical assessment

Successful achievement of all three units must be achieved for the full Certificate to be gained.

Online Level 2 Certificate in Fitness Instructing (GYM)

Certifying Body

Active IQ

Duration

The benefit of this online course is that you can work at your own pace, in your own time and in your own home (or anywhere else you like).

You will be required to work your way through the online material completing worksheets as you go. All you have to attend at the training/assessment centre is the assessment days (theory assessment and practical assessment). You may, if you wish also attend an optional training day, that will allow you to ask questions and have a mock theory and practical assessment.

Of Benefit to...

Anyone who would like to work in a gym or anyone working towards becoming a Personal Trainer.

This qualification will provide entry onto the Register of Exercise Professionals at Level 2.

Course Content

This qualification comprises 3 units:

Unit 1 – Exercise and Fitness Knowledge Level 2

Unit 2 – Health, Safety and Professionalism in Exercise and Fitness Instruction

Unit 3 – Instructing Gym

Assessment

This course is assessed as follows:

Unit 1 – multiple choice theory paper

Unit 2 - assessed by completion of worksheets/portfolio which must be submitted to course lecturer at least 2 weeks prior to your practical assessment

Unit 3 – practical assessment

Successful achievement of all three units must be achieved for the full Certificate to be gained.

First Aid at Work Certificate (HSE Approved)

Certifying Body

Adam Smith College

Duration

24 hours (including exam)

Of Benefit to ...

Anyone who would like to be a qualified workplace First Aider.

Course Content

First Aid knowledge and techniques including - bleeding, burns, shock, fractures, choking, medical conditions, unconscious casualty, cardio-pulmonary resuscitation, first aid kits, poisoning etc.

Assessment

Assessment will only take place for candidates who have attended 100% of training. The assessment consists of oral and/or written questions and practical tests. Call 0800 756 1292 for further details.

Emergency First Aid Course

Certifying Body

Adam Smith College

Duration

Minimum course duration is 6 hours

Of Benefit to ...

Anyone who would like to become a workplace Appointed Person for first aid or anyone who would like to gain knowledge on how to manage first aid situations.

Course Content

When an employer's first aid needs assessment identifies that a first aider is not necessary, the minimum requirement is to appoint a person to:

- take charge when someone is injured or ill, including calling an ambulance if required
- look after the first aid equipment, eg restocking the first aid box
- first aid priorities
- examining a casualty
- basic life support
- recording and reporting unconsciousness
- control of bleeding

Assessment

There is no assessment on this course.

Call 0800 756 1292 for further details.



Manual Handling Workshop

Certifying Body: Adam Smith College

Duration: Minimum course duration is 6 hours

Of Benefit to ...

The manual handling of loads is a major cause of injury, both in the workplace and in the home. Many of these injuries could be avoided, by increasing individual awareness of how to reduce the risk of injury. This workshop will therefore be particularly valuable for those who are performing any manual handling tasks following the completion of workplace Risk Assessments.

Course Content

Health & Safety Executive (HSE) recommend that training should include:

- How to recognise harmful manual handling
- Appropriate systems of work
- Use of mechanical aids
- Good Handling techniques

This training does not cover site specific use of aids or systems of work. Before candidates attend this training they should be aware of their own workplace systems of work and Manual Handling risk assessment. However, at the end of the workshop the candidates will be able to:

- Understand Injuries from Handling
- Understand Key Legislative Requirements
- Be aware of the need for Risk Assessment
- Complete Safer Lifting Techniques

Assessment

The candidates will not go through a formal assessment process. The certificate issued is a certificate of attendance at the training only. 100% attendance is required. Call 0800 756 1292 for further details.

Manual Handling Instructor Course

Certifying Body: Adam Smith College

Duration: 3 Days

Of Benefit to ...

This course will provide you with knowledge, skill and confidence to devise a training programme for safer manual handling in your workplace. The manual handling of loads is a major cause of injury, both in the workplace and in the home. Many of these injuries could be avoided by increasing individual awareness of how to reduce the risk of injury.

Course Content

At the end of the course the candidates will have covered:

- Instructor Presentation Skills
- Manual Handling Workshop
- Understanding Injuries
- Employers and Employees - The Law
- Workplace Risk Assessment
- Good Handling Techniques
- Candidate Assessment Process

Successful candidates will be provided with a training pack which includes PowerPoint Presentation of Manual Handling Workshop which can then be delivered within the workplace. This training does not cover site specific use of aids or systems of work. Before candidates attend this training they should be aware of their own workplace systems of work and Manual Handling risk assessment.

Assessment

Course assessment will include successful completion of a multiple-choice questionnaire, the candidates' ability to demonstrate safe lifting techniques and the candidates' ability to present the Manual Handling Workshop. Call 0800 756 1292 for further details.

Certifying Body

Adam Smith College (Abertay University)

Duration

Part-time

Of Benefit to...

This programme is aimed at those wishing to further develop their career opportunities in the Sport and Leisure Industry, particularly those graduating with a Higher National Diploma in Sport and Fitness and Fitness, Health and Exercise.

Course Content

As the Sport and Fitness industry continues to change, it is imperative that those wishing to make a career within the industry and employees already in the industry, have an understanding of contemporary issues and the ability to continually update knowledge and skills.

Degree level study will allow for this development with the ability to meet these demands whilst providing graduates with recognised qualifications.

This will also provide graduates with greater career opportunities.

The following are the units that make up the degree programme. Each unit is booked individually and individual unit descriptions objectives can be found at the Adam Smith Business Solutions website: www.as-bs.co.uk

1. Research Methods, Year 1
2. Public Health and Physical Activity, Year 1
3. Work Based project, Year 1 and 2 (value 2 units)
4. Fitness Assessment and Fitness Programming, Year 1
5. Professional Practice, Year 2
6. Lifestyle and Behavioural Change, Year 2
7. Sports Policy Development and Practice, Year 2

Please note candidates will also be required to undergo a Disclosure Scotland check.

Assessment

Assessment method is dependant on unit/units booked and are available on request.



Let's Talk . . .

David Early and Susan Murray
BSc Sport and Fitness



David

“I have always been interested in fitness and going on to do a degree, but travelling from Kirkcaldy to either Edinburgh or Dundee would have been difficult while holding down a job. Doing the degree here in Kirkcaldy couldn't be better.”

Susan

“As a mature student and a single mum, if this degree wasn't being offered locally I could never have done it. Now, I'm looking forward to starting the degree and because the jobs I'm interested in are local, taking the degree locally makes it more pertinent to me and what I want to do.”



Other degrees offered by Abertay at the College include:

- BA Business Administration
- BA Management

Other courses on offer

- SGA Army Preparation
- NC Introduction to Sport and Fitness
- NC Sportslink
- NC Leading Sport
- Institute of Sport and Recreation Management Operations Certificate
- NC Health and Fitness
- NC Uniformed Services
- NQ Police Preparation
- NC Sport and Fitness Higher
- HNC/D Sports Coaching with Development of Sport
- HNC/D Fitness, Health and Exercise



Adam Smith Business Solutions

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LINKS:

www.isrm.co.uk

www.lifesavers.org.uk

www.activeiq.co.uk

www.adamsmithcollege.ac.uk



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