



Cystadleuaeth Sgiliau Cymru
Skills Competition Wales

Competition Brief

Competition Title

Fitness Assistant – ‘Inclusive’ Competition

Competition Overview

This competition will be a straight final held at one venue. Medallists will be invited to a Celebration Event which will be held week commencing 15th March 2021, where the First, Second and Third Awards will be presented.

The Fitness Assistant has been developed over several years to ensure that students working at lower levels and with additional learning needs are able to show off their skills in the health & fitness industry.

Brief

An international pandemic has led to a lockdown situation in the UK as well as in other countries around the world. Many businesses where people congregate were suspended to slow down the spread of the Covid-19 virus.

Although gyms, health clubs and sports centres were closed, and restrictions remain in place, the vital benefits of exercise have been highlighted and many campaigns encourage the population to stay active.

Many fitness professionals and brands have moved large proportions of their businesses to online and other virtual platforms to ensure continuity for their clients and to sustain a level of income for themselves. This is a trend that is looking increasingly likely to continue to develop and form a vital part of the role of the fitness professional in the 2020's.

Entry Criteria

- Competitors must be enrolled – at the point of registration – on a certificate/qualification with a recognised Awarding Organisation (AO) which is relevant to the competition
 - The certificate/qualification must not be higher than RQF/CQFW Level 1.



- o Learners working towards Entry Level 3 qualifications.
- o Competitors must have a cognitive impairment or physical disability which would prevent them from ever being likely to be able to study for an RQF/CQFW Level 3, SCQF Level 6 or other equivalent level certificate/qualification in exercise/sport/fitness etc
- **A statement of support which outlines the individual needs of the competitor within the competition must be submitted.**

Please be aware that there is a Personal Training Competition -

Example qualifications recommended for entry (a representative, not exhaustive list):

- JSLA Level 1
- Entry level 3
- BTEC Level 1 Sport & Active Leisure
- NVQ Level 1 Sport & Active Leisure
- NCFE Level 1 in Health & Fitness
- YMCA Awards Level 1 Fitness & Physical Activity
- Active IQ Level 1 Fitness & Physical Activity
- YMCA Level 1 Diploma in Introduction to the Active Leisure Sector
- BTEC Level 1 Introductory Diploma to Sport

Entry capacity restrictions by organisation

Maximum of up to 3 per location.

This is the maximum number of entries permitted by an organisation for this competition. Please ensure that all entries include a statement of support so we can ensure that the students' needs are met – this needs to be sent on application.

This is determined by 'location' and 'organisation'. 'Organisation' refers to the competitors' training provider/employer. 'Location' refers to a site where the competitor studies / is employed. For further guidance on these capacities, click [here](#)

Home Workout video

You need to produce and submit a video (maximum 10 minutes) demonstrating at least 4 different exercises which can be performed by completing body weight exercises.

The video should be designed and delivered to appeal to as many people as possible – however considerations should be given to ensure that the demo is also suitable for beginners.

The video needs to be compiled as one long shoot and cannot be cut or edited in any way.

Please see criteria for more information