



Cystadleuaeth Sgiliau Cymru
Skills Competition Wales

Competition Brief

Competition Title

Personal Trainer

Competition Overview

This stage of the competition will be held virtually. Medallists will be invited to a Celebration Event which will be held on week commencing 15th March, 2021 where the First, Second and Third Awards will be presented.

The competition provides competitors with an opportunity to show:

- Communication, coaching and physical skills
Professionalism
- Originality and the ability to provide a compelling and enjoyable session to promote adherence and build business

There are many reasons why clients engage Personal Trainers but one of the most common is to gain maximum benefit from training when time is limited; people are busy and can find it difficult to train alone. They will invest in the results that well planned 1:1 training provides.

Entry Criteria

The competition is for those training for a career in Sports/Fitness and studying a qualification in Level 2 Gym Instructors / Level 3 Personal training or BTEC Level 3. Please ensure that your entrants have the skills and competences to complete the task.

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.

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](#)



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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.

Home Workout video

You need to produce and submit a video (maximum 10 minutes) demonstrating at least 5 different exercises which can be performed in the home with common household items.

You should choose at least one piece of household equipment and devise a short (10-minute –max) home-based workout that incorporates the chosen equipment in at least one exercise.

Household equipment can be defined as an item that most households would normally have such as; tins, bottles of water, heavy books, broom handle etc. Dumbbells or other specifically designed weights would not be a valid equipment selection for this task.

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.