**Competition Brief**

**Competition Title**

Personal Trainer

**Competition Overview**

The competition provides competitors with an opportunity to show:

* Communication, coaching, physical skills and 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. Therefore, effective use of the 40 minutes to maximise your client’s motivation and outcome should underpin this session.

Live competition heats will be held at various venues across Wales.

**Entry Criteria**

The competition is for those training for a career in Sports/Fitness and studying for 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**. **Reserves** may also be registered to account for potential absences or withdrawals.

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.

An online passive heat will be introduced week commencing **8th December 2025** which can be completed in the learners own time during that week. This will be introduced depending on registration numbersor where capacity is identified the reserve competitors may be invited to compete.

The decision will be made following a consultation between Skills Competition Wales and the competition lead after registration closes. All parties will be notified of any changes.

For further guidance on these capacities, [click here](https://inspiringskills.gov.wales/competitions/competition-registration-guide).

**Brief**

**Planning**

Competitors must plan a 40 minute Personal Training session for a client of their choice. The competitor may use the template enclosed or alternatively use a layout of their choice. The plan can be a **maximum of 2 sides of A4 and must be a minimum of font size 11pt.** If the plan is more than 2 sides of A4, subsequent pages will not be marked. The competitor will need to bring **2 copies of the programme card on the day.** All plans will be judged against the set criteria.

**Delivery**

Competitors will need to deliver a training session for a client.

At the Competition you will be asked to demonstrate the planned **40 minute session** with your client. The session needs to be enjoyable, effective and **include 2 health/fitness related tests.** The session will also need to include at least **one advanced training system.** Competitors should establish their clients’ needs and wants and work with them to meet their goals. The Competitor must ensure that their client’s needs are met in the most effective way during the observed session. Competitors are encouraged to review the Judging criteria and practise their sessions prior to the Competition within the challenging time scales.

**Timing**

The Competitor has **40 minutes** to complete a training session with their client. It is suggested that 10 minutes is spent within a ‘consultation’ type meeting and testing/retesting and 30 minutes is allocated to providing the client with an effective training session. The competitor may employ tests at any point during the session and they may use their own reference material to work out the scores. All 40 minutes are directly observed by the Judges.

**Clients**

Competitors must bring a willing ‘client’ with them to the observed session – the client must be generally fit and active to be able to participate. This should ideally be the client for whom the plan has been written and who the PT has worked with. Clients cannot be a member of Sport/PE/Fitness staff from the college or training provider you represent.

Previous competition briefs are available to view and download via the Skills Competition Wales website, please [click here](https://inspiringskills.gov.wales/competitions/personal-trainer/archives) to access.

**Competition Rules**

For full terms and conditions of entry and competition rules [visit](https://inspiringskills.gov.wales/terms/registrations-terms-and-conditions)

**Competition specific rules**

* The Competitor must be aware that the allocated area may or may not be closed to other users during the Competition.
* Competitors will be judged for a strict 40 minutes.
* Competitors will have access to the fitness suite and a range of equipment.
* Programme card for the gym session must be completed prior to competition and 2 copies need to be brought on the day.
* Timings of competitor’s sessions - Will be individually allocated once all entries are received and the portal is closed. An email will be sent out shortly after this.
* Registration: One hour before your allocated competition time slot. This will allow a tour of the gym.
* Once your practical element has taken place you are free to leave.
* The Personal Trainer Competitor may amend or add to their copy of the plan at any point during the session
* Competitors will not be able to compete on the day unless you are registered.
* Programme card can be used / referred to during your session.
* All competitors can use the given template to plan their session or alternatively competitors can create your own. The plan can be a maximum of 2 sides of A4 and must be a minimum of font size 11pt.
* A copy of the programme card must be handed to judges on registration
* PAR-Q & consent form to be brought on the day and handed to the registration team. Please ensure the client does not have any underlying conditions.

**This is an open environment competition – the gym will be available to members / college users to reciprocate a real gym environment.**

**Generic competition rules**

* Listening to music via headphones is not permitted during competition activity.
* Any questions during competition activity should be addressed to the competition judging panel.
* Competitors should not communicate with other competitors during competition activity.
* It is the responsibility of each competitor to arrive on time for each competition session. No additional time will be allowed if you arrive late.
* Technical failure of your equipment should be reported immediately to the judging panel. Additional time will be allocated if the fault is beyond the control of the competitor.

**Infrastructure List**

Equipment available at the venue

| **Free Weights**  To be confirmed when venues decided | **CV**  To be confirmed when venues decided |
| --- | --- |
| **Resistance**  To be confirmed when venues decided | **Other - Fitness testing equipment**   * Long tape measure * Anthropometric tape measure * Scales * Bioelectric impedance analyser * Blood pressure monitor - automatic * Sit and reach box * Calculator |
| **Health and Fitness related tests**  Blood pressure  Height and weight  BMI  Waist circumference  Waist to hip ratio  Bioelectrical impedance  Rockport walking test  Step test  Cooper 12 minute walk/run  Abdominal curl/sit up test  Press up test  Range of movement visual assessment  Balance tests | |

\*Some equipment may change on the day due to availability

**During the 40 minutes session, competitors may bring with them and use (these will not be available on the day)**

A clipboard

Their copy of the plan (which is identical to those submitted for judging)

Something to write with

Stopwatch

Fitness Testing protocols/norm tables (these may be accessed electronically)

Heart Rate Monitor

Mobile phone/tablet

**Conversely - they may not bring or use:**

Any of their own equipment (apart from above listed exceptions)

**Marking and Assessment**

You will be judged on your ability to communicate, interact and if working through the medium

of English, make use of incidental Welsh during this activity. e.g. Welcome, introduction or a close through the medium of Welsh.

Marks available:

\*For more information about each section please refer to the marking criteria

| **Type** | **Marks** |
| --- | --- |
| **General Presentation**   * Appropriate appearance, dress code, footwear, and limited jewellery (wedding/religious bands). * Conducts themselves professionally, positive and enthusiastic. * Consume only water. | **10** |
| **Competitor**   * Greet the client appropriately, introduce themselves and build rapport. * Clearly explain the purpose of the session and client aims. * Gather a range of relevant information e.g. lifestyle, current fitness level etc. * Select, describe and conduct a minimum of 2 health and fitness tests. * Record all information and results accurately. | **21** |
| **The session**   * Assess the client's state of readiness and motivation. * Ensure session flows safely, including intensity, complexity and order. * Session to target more than 1 component of fitness. * Clear and correct instructions. * Monitor session intensity throughout and make the most of the equipment and space. * Analyse client’s performance, technique and posture. * maintain a positive and motivational manner. * Give client feedback and leave the environment clean and tidy. * Use incidental welsh | **30** |
| **Planning**   * Clear SMART goals and an appropriate balance of; warm up, main session and cool down. * Use at least 1 advanced technique. * Suitable exercise sequence, intensity and rest. * Plan to be fully completed in a suitable format and include progression to meet clients goals. * Advice to overcome barriers and promote exercise incentives. | **24** |
| **Total** | **85** |

**Feedback and Recognition**

No results or awards will be awarded on the day as marking will be quality assured.

All competitors will be issued with a Participation Certificate on the competition day. First, second, third and highly commended awards will be announced during the celebration event. The highly commended award recognises all competitors who have achieved above average. The celebration event will be held on Wednesday 18th March 2026, further details will be communicated to competitors and their points of contact by email.

Marksheets will be available upon request via [info@skillscompetitionwales.ac.uk](mailto:info@skillscompetitionwales.ac.uk) to competitors after the celebration event. .

**Competition Lead**

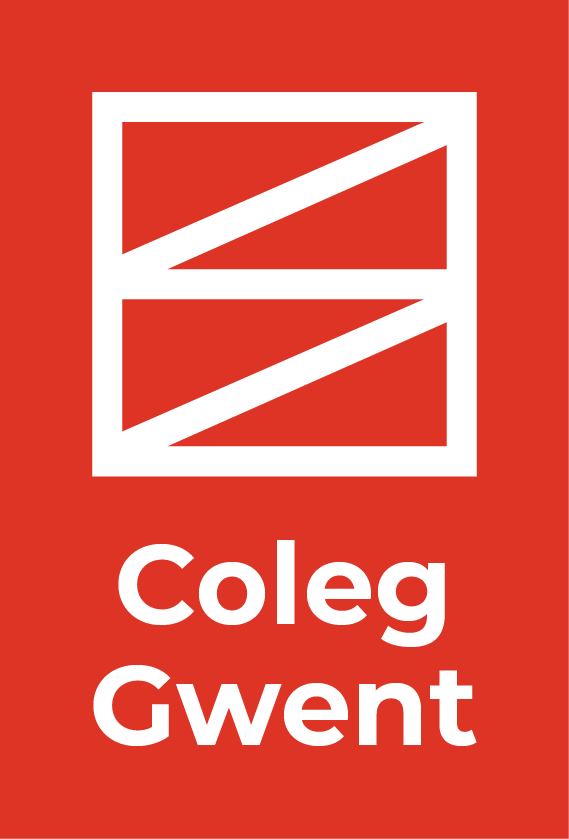
**Lead Contact:**

Cerys Rees

[Cerys.rees@coleggwent.ac.uk](mailto:Cerys.rees@coleggwent.ac.uk)

**Our partners**

This competition is delivered in partnership with



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|  |  |  |  | **Client Plan** | | | | |  | Client name: | |  | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Week # |  | | Date |  | | Time |  |  | Venue |  | |
|  | Mon | | Tue | | Wed | | Thur | | Fri | | Sat | | Sun | |
| Week Overview |  | |  | |  | |  | |  | |  | |  | |
| Client Profile | | | | Barriers | | | | Motivation/Rewards | | | | | | |
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| Short Term Goals | | | | Long Term Goals | | | | Health and Fitness Test Data | | | | | | |
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| Warmup Component | | | | | | | | | | | | | | |
| Overview of content, including mobility, pulse raising, and range of motion stretching | | | | Equipment and duration (CV machine as needed) | | | | Level/speed | | RPE/HR | | Progression/Regression, Adaptations or Alternatives | | |
|  | | | |  | | | |  | |  | |  | | |
| Cardiovascular Training Component | | | | | | | | | | | | | | |
| Equipment and Approach | | | | Programme Timings | | | Level/speed | | | RPE/HR | | Progression/Regression, Adaptations or Alternatives | | |
|  | | | |  | | |  | | |  | |  | | |
| Resistance Training Component | | | | | | | | | | | | | | |
| Exercise/Machine | | | | Resistance | | | | Reps |  | Sets | | Progression/Regression, Adaptations or Alternatives | | |
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| Cooldown Component | | | | | | | | | | | | | | |
| Equipment and Approach | | | | Programme Timings | | | Level/speed | | | RPE/HR | | Progression/Regression, Adaptations or Alternatives | | |
|  | | | |  | | |  | | |  | |  | | |
| Stretches | | | | | | | | | | | | | | |
| Muscle Group | | | | Stretch | | | | Maintenance/ Developmental | | Duration | | Rationale | | |
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PERSONAL TRAINER COMPETITION

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

QUESTIONNAIRE  
Name: Age: Gender:



Contact number: Email:

Next of kin: Contact number: 



This PAR-Q is designed to help you to help yourself. Many benefits are associated with regular exercise, and completion of the PAR-Q form is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose a problem or hazard. The PAR-Q has been designed to identify the small number of people for whom physical activity might be inappropriate or for those who should seek medical advice concerning the type of activity most suitable for them. Common sense is your best guide for answering these questions.

| 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? | YES/NO |
| --- | --- |
| 2. Do you feel pain in your chest when you do physical activity? | YES/NO |
| 3. In the past month, have you had chest pain when you were not doing physical activity? | YES/NO |
| 4. Do you lose your balance because of dizziness or do you ever lose consciousness? | YES/NO |
| 5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in physical activity? | YES/NO |
| 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? | YES/NO |
| 7. Do you know of any other reason why you should not do physical activity? | YES/NO |

If you have answered ‘YES’ to any of the above questions, then you are required to gain consent from your doctor before participating in the gym-based exercise programme.

If you have answered ‘NO’ to all of the above questions and you have reasonable assurance of your suitability for a gym-based exercise programme, which will include:

* A warm-up.
* Cardiovascular training using equipment.
* Fixed weights.
* Using resistance machines.
* Free weights.
* Using dumbbells and barbells.
* Body weight exercises.
* Cool down stretches.

You are advised to postpone entry into the programme if you feel unwell or have a temporary illness. You must inform your gym instructor of any changes to your health status whilst engaged in your training programme.

Client’s signature: Date:

Witness signature: Date:

CLIENT CONSENT  
PERSONAL TRAINER COMPETITION

PROGRAMME OBJECTIVES AND PROCEDURES

I understand that the purpose of the exercise programme is to provide safe and individualised exercise to improve health and fitness. Exercises may include:

* Cardiovascular machine activities – treadmill walking or jogging, rowing, upright or recumbent cycling, stair climbing and other such activities.  
  Resistance training activities using resistance machines, free weights or body weight to improve muscular strength or endurance.  
  Cool down and flexibility exercises to improve movement around the joints and range of motion.

POTENTIAL RISKS

The exercise programme is designed to place a gradually increasing workload on the cardiovascular and muscular systems, and thereby improve their function. The reaction of the cardiovascular and muscular system to such exercise cannot always be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes could relate to blood pressure or heart rate.

POTENTIAL BENEFITS

I understand that a programme of regular exercise has been shown to be beneficial. Some of these benefits include:

* A decrease in risk of heart disease.
* A decrease in body fat.
* Improved blood pressure.
* Improvement in psychological function.
* Improvement in aerobic fitness.

The gym-based exercise programme has been explained to me and my questions regarding the programme have been answered to my satisfaction. I understand that I am free to withdraw at any time. The information obtained will be treated as private and confidential.

I am aware that participating in the Personal Trainer competition as a ‘client’, means that the instructor I am working with may not yet be qualified and that I am working with them at my own risk.

Client’s signature: Date:

Witness signature: Date:



**Brîff y Gystadleuaeth**

**Teitl y Gystadleuaeth**

Hyfforddwr Personol

**Trosolwg y Gystadleuaeth**

Mae'r gystadleuaeth yn rhoi cyfle i gystadleuwyr ddangos:

* Sgiliau cyfathrebu, hyfforddi a chorfforol
* Proffesiynoldeb
* Gwreiddioldeb a'r gallu i ddarparu sesiwn gymhellol a phleserus i hyrwyddo ymlyniad ac adeiladu busnes

Mae sawl rheswm pam mae cleientiaid yn dewis Hyfforddwyr Personol ond un o'r rhai mwyaf cyffredin yw i gael y budd mwyaf posibl o hyfforddiant pan fod amser yn brin; mae pobl yn brysur a gallant ei chael hi'n anodd hyfforddi ar eu pennau eu hunain. Byddant yn buddsoddi yn y canlyniadau y mae hyfforddiant 1: 1 wedi'u cynllunio'n dda yn eu darparu. Felly, dylai defnydd effeithiol o'r 40 munud i gynyddu cymhelliant a chanlyniad eich cleient fod yn sail i'r sesiwn hon.

Cynhelir rowndiau rhagbrofol byw mewn sawl lleoliad ledled Cymru.

**Meini Prawf Cystadlu**

Mae'r gystadleuaeth i’r rheiny sy'n hyfforddi ar gyfer gyrfa mewn Chwaraeon/Ffitrwydd ac yn astudio ar gyfer cymhwyster Hyfforddwyr Campfa Lefel 2 / Hyfforddiant personol Lefel 3 neu BTEC Lefel 3.

Sicrhewch fod gan eich ymgeiswyr y sgiliau a'r cymwyseddau i gwblhau'r dasg.

**Cyfyngiadau niferoedd mynediad fesul sefydliad**

Gellir cofrestru uchafswm o hyd at **3 fesul lleoliad**. Gellir cofrestru **cronfeydd wrth gefn** hefyd i gyfrifon absenoldeb neu dynnu'n ôl os bydd angen.

Pennir hyn yn ôl 'lleoliad' a 'sefydliad'. Cyfeiria 'sefydliad' at ddarparwr/cyflogwr hyfforddi'r cystadleuwyr. Mae 'lleoliad' yn cyfeirio at safle lle mae'r cystadleuydd yn astudio / yn gweithio.

Bydd gwres goddefol ar-lein yn cael ei gyflwyno wythnos sy'n dechrau ar **8eg Rhagfyr 2025** y gellir ei gwblhau yn amser y dysgwyr ei hun yn ystod yr wythnos honno neu lle nodir bod capasiti ar gyfer y gystadleuaeth, gellir gwahodd cystadleuwyr wrth gefn i gystadlu.

Bydd y penderfyniad yn cael ei wneud yn dilyn ymgynghoriad rhwng Cystadleuaeth Sgiliau Cymru ac arweinydd y gystadleuaeth ar ôl i'r cofrestru gau. Bydd pob parti yn cael gwybod am unrhyw newidiadau.

Am arweiniad pellach ar y niferoedd hyn, [cliciwch yma](https://inspiringskills.gov.wales/competitions/competition-registration-guide).

**Brîff**

**Cynllunio**

Rhaid i gystadleuwyr gynllunio sesiwn Hyfforddiant Personol 40 munud ar gyfer cleient o'u dewis. Gall y cystadleuydd ddefnyddio'r templed amgaeedig neu fel arall defnyddio cynllun o'i ddewis. Gall y cynllun fod yn **uchafswm o 2 ochr A4 a rhaid bod o leiaf maint ffont 11pt.** Os ydy'r cynllun yn fwy na 2 ochr A4, ni fydd y tudalennau ychwanegol yn cael eu marcio. Bydd angen i'r cystadleuydd ddod â **2 gopi o gerdyn y rhaglen ar y diwrnod.** Caiff pob cynllun ei feirniadu yn erbyn y meini prawf a bennwyd.

**Cyflwyniad**

Bydd angen i gystadleuwyr gyflwyno sesiwn hyfforddi ar gyfer cleient.

Yn y Gystadleuaeth gofynnir i chi arddangos y **Sesiwn 40 munud** gyda'ch cleient. Mae angen i'r sesiwn fod yn bleserus, yn effeithiol a rhaid **cynnwys 2 brawf sy'n gysylltiedig ag iechyd/ffitrwydd.** Bydd angen i'r sesiwn hefyd gynnwys o leiaf **un system hyfforddi uwch.** Dylai cystadleuwyr sefydlu anghenion a gofynion eu cleientiaid a gweithio gyda nhw i gyflawni eu nodau. Rhaid i'r Cystadleuydd sicrhau bod anghenion eu cleient yn cael eu diwallu yn y ffordd fwyaf effeithiol yn ystod y sesiwn a arsylwyd. Anogir cystadleuwyr i adolygu'r meini prawf Beirniadu ac ymarfer eu sesiynau cyn y Gystadleuaeth o fewn yr amserlenni heriol.

**Amseru**

Mae gan y Cystadleuydd **40 munud** i gwblhau sesiwn hyfforddi gyda'u cleient. Awgrymir bod 10 munud yn cael ei dreulio mewn cyfarfod 'ymgynghori' a phrofi/ailbrofi a bod 30 munud yn cael ei neilltuo i ddarparu sesiwn hyfforddi effeithiol i'r cleient. Gall y cystadleuydd ddefnyddio profion ar unrhyw adeg yn ystod y sesiwn a gallant ddefnyddio eu deunydd cyfeirio eu hunain i weithio allan y sgorau. Mae'r Beirniaid yn arsylwi'n uniongyrchol y 40 munud cyfan.

**Cleientiaid**

Rhaid i gystadleuwyr ddod â 'chleient' parod gyda nhw i'r sesiwn a arsylwir – rhaid i'r cleient fod yn gyffredinol ffit ac yn iach er mwyn gallu cymryd rhan. Yn ddelfrydol, hwn ddylai fod y cleient yr ysgrifennwyd y cynllun ar ei gyfer a’r cleient y mae'r Hyfforddwr Personol wedi gweithio gyda nhw. Ni all cleientiaid fod yn aelod o staff Chwaraeon/Addysg Gorfforol/Ffitrwydd y coleg neu'r darparwr hyfforddiant rydych chi'n ei gynrychioli.

Mae briffiau cystadleuaeth flaenorol ar gael i'w gweld a'u llwytho o’r wefan Cystadleuaeth Sgiliau Cymru, [cliciwch yma](https://inspiringskills.gov.wales/competitions/personal-trainer/archives) i gael mynediad iddynt.

**Rheolau Cystadlu**

Am delerau ac amodau mynediad llawn a rheolau cystadlu, [ewch i](https://inspiringskills.gov.wales/terms/registrations-terms-and-conditions?lang=cy).

**Rheolau cystadlu penodol**

* Rhaid i'r Cystadleuydd fod yn ymwybodol y gallai'r ardal a neilltuwyd fod ar gau i ddefnyddwyr eraill yn ystod y Gystadleuaeth.
* Bydd cystadleuwyr yn cael eu beirniadu am 40 munud manwl.
* Bydd gan gystadleuwyr fynediad i'r ystafell ffitrwydd ac amrywiaeth o offer.
* Rhaid cwblhau cerdyn rhaglen ar gyfer sesiwn y gampfa cyn y gystadleuaeth ac mae angen dod â 2 gopi ar y dydd.
* Amseru sesiynau cystadleuwyr - Byddant yn cael eu dyrannu'n unigol unwaith y bydd yr holl geisiadau yn dod i law a'r porth ar gau. Anfonir e-bost yn fuan ar ôl hyn.
* Cofrestru: Awr cyn y slot amser cystadlu a neilltuwyd i chi. Bydd hyn yn caniatáu taith o amgylch y gampfa.
* Unwaith y bydd eich elfen ymarferol ar ben, mae croeso i chi adael.
* Gall y Cystadleuydd Hyfforddwyr Personol ddiwygio neu ychwanegu at eu copi o'r cynllun ar unrhyw adeg yn ystod y sesiwn
* Ni fydd cystadleuwyr yn gallu cystadlu ar y diwrnod oni bai eu bod wedi cofrestru.
* Gellir defnyddio / cyfeirio at gerdyn rhaglen yn ystod eich sesiwn.
* Gall pob cystadleuydd ddefnyddio'r templed a roddir i gynllunio eu sesiwn neu fel arall gall cystadleuwyr greu eu sesiwn eu hun. Gall y cynllun fod yn uchafswm o 2 ochr A4 a rhaid bod o leiaf maint ffont 11pt.
* Rhaid rhoi copi o’r cerdyn rhaglen i feirniaid wrth gofrestru
* PAR-Q & ffurflen ganiatâd i'w cyflwyno ar y diwrnod a'u rhoi i'r tîm cofrestru. Sicrhewch nad oes gan y cleient unrhyw achosion sylfaenol.

**Cystadleuaeth amgylchedd agored yw hon – bydd y gampfa ar gael i aelodau / defnyddwyr y coleg i gyd-fynd ag amgylchedd campfa go iawn.**

**Rheolau cystadlu generig**

* Ni chaniateir gwrando ar gerddoriaeth drwy glustffonau yn ystod gweithgaredd cystadlu.
* Dylid gofyn unrhyw gwestiynau yn ystod gweithgaredd cystadlu i banel beirniadu'r gystadleuaeth.
* Ni ddylai cystadleuwyr gyfathrebu â chystadleuwyr eraill yn ystod gweithgaredd cystadlu.
* Cyfrifoldeb pob cystadleuydd yw cyrraedd yn brydlon ar gyfer pob sesiwn gystadlu. Ni chaniateir amser ychwanegol os byddwch chi’n cyrraedd yn hwyr.
* Dylid rhoi gwybod i'r panel beirniadu ar unwaith am fethiant technegol eich offer. Bydd amser ychwanegol yn cael ei neilltuo os yw'r nam y tu hwnt i reolaeth y cystadleuydd.

**Rhestr Seilwaith**

Offer sydd ar gael yn y lleoliad

| **Pwysau Rhydd**  I'w gadarnhau pan benderfynir ar leoliadau | **Cardiofasgwlar (CV)**  I'w gadarnhau pan benderfynir ar leoliadau |
| --- | --- |
| **Gwrthiant**  I'w gadarnhau pan benderfynir ar leoliadau | **Arall - Offer profi ffitrwydd**   * Tâp mesur hir * Tâp mesur anthropometrig * Cloriannau * Dadansoddwr rhwystriant biodrydanol * Monitor pwysedd gwaed - awtomatig * Bocs eistedd ac ymestyn * Cyfrifiannell |
| **Profion sy'n gysylltiedig ag Iechyd a Ffitrwydd**  Pwysedd gwaed  Taldra a phwysau  BMI  Cylchedd y gwasg  Cymhareb gwasg i glun  Rhwystriant biodrydanol  Prawf cerdded Rockport  Prawf camau  Cerdded / rhedeg 12 munud Cooper  Prawf crymanu abdomenol/eistedd i fyny  Prawf byrfraich  Ystod yr asesiad gweledol o symudiadau  Profion cydbwysedd | |

\* Efallai y bydd rhywfaint o offer yn newid ar y diwrnod oherwydd argaeledd

**Yn ystod y sesiwn 40 munud, gall cystadleuwyr ddod â’r canlynol gyda nhw a'u defnyddio (ni fydd y rhain ar gael ar y diwrnod)**

Clipfwrdd

Eu copi o'r cynllun (sydd

union yr un fath â'r rhai a gyflwynwyd i'w beirniadu)

Rhywbeth ar gyfer ysgrifennu

Stopwatsh

Protocolau Profi Ffitrwydd/tablau norm (gellir dod o hyd i’r rhain yn electronig)

Monitor Cyfradd Curiad y Galon

Ffôn symudol/tabled

**I'r gwrthwyneb - efallai na fyddant yn dod â nac yn defnyddio:**

Eu hoffer eu hunain (ar wahân i’r eithriadau a rhestrir uchod)

**Marcio ac Asesu**

Byddwch yn cael eich barnu ar eich gallu i gyfathrebu, rhyngweithio ac os ydych yn gweithio

drwy gyfrwng y Saesneg, defnyddiwch Gymraeg achlysurol yn ystod y gweithgaredd hwn, e.e. Croesawiad, cyflwyniad neu glo trwy'r cyfrwng o Gymraeg.

Marciau sydd ar gael:

\*Am fwy o wybodaeth am bob adran cyfeiriwch at y meini prawf marcio

| **Math** | **Marciau** |
| --- | --- |
| **Cyflwyniad Cyffredinol**   * Ymddangosiad priodol, cod gwisg, esgidiau, a gemwaith cyfyngedig (bandiau priodas/crefyddol). * Ymddygiad proffesiynol, cadarnhaol a brwdfrydig. * Yfed dŵr yn unig. | **10** |
| **Cystadleuydd**   * Cyfarch y cleient yn briodol, cyflwyno ei hun a meithrin perthynas. * Egluro pwrpas y sesiwn a nodau'r cleient yn glir. * Casglu ystod o wybodaeth berthnasol e.e. ffordd o fyw, lefel ffitrwydd cyfredol ac ati. * Dewis, disgrifio a chynnal o leiaf 2 brawf iechyd a ffitrwydd. * Cofnodi'r holl wybodaeth a’r canlyniadau yn gywir. | **21** |
| **Y sesiwn**   * Asesu cyflwr parodrwydd a chymhelliant y cleient. * Sicrhau bod y sesiynau'n llifo'n ddiogel, gan gynnwys dwyster, cymhlethdod a threfn. * Sesiwn i dargedu mwy nag 1 elfen ffitrwydd. * Cyfarwyddiadau clir a chywir. * Monitro dwyster y sesiwn a gwneud y gorau o'r offer a'r gofod * Dadansoddi perfformiad, techneg ac ystum y cleient. * Bod yn gadarnhaol ac ysgogol. * Rhoi adborth i'r cleient a gadael yr amgylchedd yn lân ac yn daclus. * Defnyddio'r Gymraeg yn achlysurol | **30** |
| **Cynllunio**   * Nodau CAMPUS clir a chydbwysedd priodol o; cynhesu, prif sesiwn ac oeri. * Defnyddio o leiaf 1 uwch dechneg. * Cyflwyno dilyniant a dwyster ymarfer corff, a gorffwys, yn briodol. * Cwblhau cynllun llawn mewn fformat addas, gyda dilyniant i fodloni nodau cleientiaid. * Rhoi cyngor i oresgyn rhwystrau a hyrwyddo cymhellion ymarfer corff. | **24** |
| **Cyfanswm** | **85** |

**Adborth a Chydnabyddiaeth**

Ni ddyfernir unrhyw ganlyniadau na dyfarniadau ar y diwrnod gan y bydd angen sicrhau ansawdd y marcio.

Bydd pob cystadleuydd yn cael Tystysgrif Cyfranogi ar ddiwrnod y gystadleuaeth. Bydd gwobrau cyntaf, ail, trydydd a chanmoliaeth uchel yn cael eu cyhoeddi yn ystod y digwyddiad dathlu. Mae'r wobr canmoliaeth uchel yn cydnabod yr holl gystadleuwyr sydd wedi cyflawni sgôr uwch na'r cyfartaledd. Cynhelir y digwyddiad dathlu ar Dydd Mercher 18 Mawrth 2026, bydd manylion pellach yn cael eu rhoi i gystadleuwyr a'u pwyntiau cyswllt trwy e-bost.

Bydd taflenni marciau ar gael ar gais drwy info@skillscompetitionwales.ac.uk i gystadleuwyr ar ôl y digwyddiad dathlu.

**Arweinydd Cystadleuaeth**

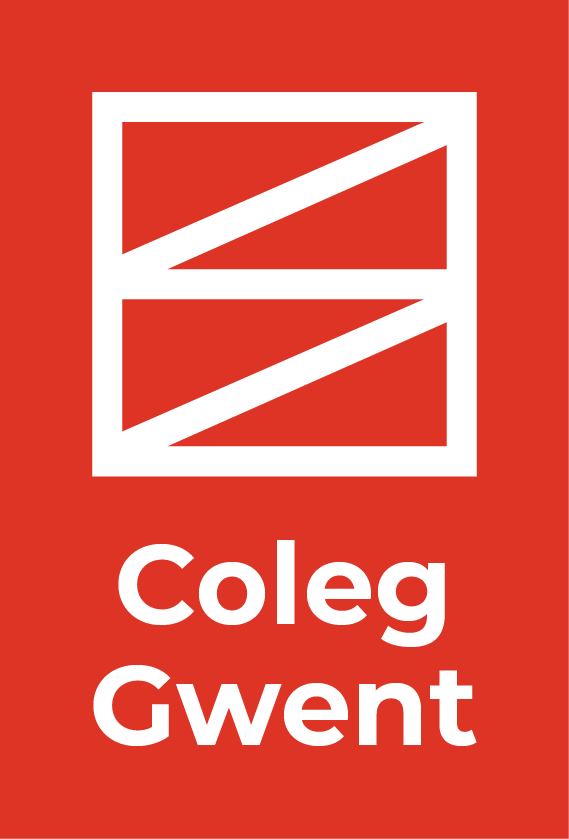
**Prif Gyswllt:**

Cerys Rees

[Cerys.rees@coleggwent.ac.uk](mailto:Cerys.rees@coleggwent.ac.uk)

**Ein partneriaid**

Mae'r gystadleuaeth hon yn cael ei chyflwyno mewn partneriaeth â



|  |  |  |  | **Cynllun Cleient** | | | | |  | Enw'r cleient: | |  | | |
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| Wythnos # |  |  |  |  | | Dyddiad |  | | Amser |  |  | Lleoliad |  | |
|  | Dydd Llun | | Dydd Mawrth | | Dydd Mercher | | Dydd Iau | | Dydd Gwener | | Dydd Sadwrn | | Dydd Sul | |
| Trosolwg o'r Wythnos |  | |  | |  | |  | |  | |  | |  | |
| Proffil Cleient | | | | Rhwystrau | | | | Cymhelliant/Gwobrau | | | | | | |
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| Nodau Tymor Byr | | | | Nodau Tymor Hir | | | | Data Prawf Iechyd a Ffitrwydd | | | | | | |
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| Cydran Ystwytho | | | | | | | | | | | | | | |
| Trosolwg o'r cynnwys, gan gynnwys symudedd, codi’r pwls, ac ystod o symudiadau ymestyn | | | | Offer a hyd (peiriant Cardofasgwlaidd yn ôl yr angen) | | | | Lefel/cyflymder | | Graddio Ymdrech Ganfyddedig (RPE)/Yr Awr (HR) | | Cynnydd/Cam yn ôl, Addasiadau neu Ddewisiadau Amgen | | |
|  | | | |  | | | |  | |  | |  | | |
| Cydran Hyfforddiant Cardiofasgwlaidd | | | | | | | | | | | | | | |
| Offer a Dull | | | | Amseroedd y Rhaglen | | | Lefel/cyflymder | | | Graddio Ymdrech Ganfyddedig (RPE)/Yr Awr (HR) | | Cynnydd/Cam yn ôl, Addasiadau neu Ddewisiadau Amgen | | |
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| Cydran Hyfforddi Gwrthiant | | | | | | | | | | | | | | |
| Ymarfer Corff/Peiriant | | | | Gwrthiant | | | | Ailadrodd |  | Setiau | | Cynnydd/Cam yn ôl, Addasiadau neu Ddewisiadau Amgen | | |
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| Cydran Oeri | | | | | | | | | | | | | | |
| Offer a Dull | | | | Amseroedd y Rhaglen | | | Lefel/cyflymder | | | Graddio Ymdrech Ganfyddedig (RPE)/Yr Awr (HR) | | Cynnydd/Cam yn ôl, Addasiadau neu Ddewisiadau Amgen | | |
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| Ymestyniadau | | | | | | | | | | | | | | |
| Grŵp Cyhyrau | | | | Ymestyn | | | | Cynnal/ Datblygiadol | | Hyd | | Rhesymeg | | |
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CYSTADLEUAETH HYFFORDDWR PERSONOL

HOLIADUR PARODRWYDD GWEITHGARWCH CORFFOROL

HOLIADUR  
Enw: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Oed: \_\_\_\_\_\_\_\_ Rhywedd: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rhif cyswllt: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-bost: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Perthynas agosaf: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Rhif cyswllt: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cynlluniwyd y PAR-Q hwn i'ch helpu chi i helpu’ch hun. Mae llawer o fanteision yn gysylltiedig ag ymarfer corff rheolaidd, ac mae cwblhau'r ffurflen PAR-Q yn gam cyntaf synhwyrol i'w gymryd os ydych chi’n bwriadu cynyddu eich gweithgarwch corfforol.

I'r mwyafrif o bobl, ni ddylai gweithgarwch corfforol fod yn broblem nac yn beryglus. Cynlluniwyd y PAR-Q i nodi'r nifer fach hynny o bobl y gallai gweithgaredd corfforol fod yn anaddas ar eu cyfer neu i'r rhai a ddylai ofyn am gyngor meddygol ynglŷn â’r math o weithgaredd sydd fwyaf addas ar eu cyfer. Synnwyr cyffredin yw eich canllaw gorau ar gyfer ateb y cwestiynau hyn.

| 1. Ydy’ch meddyg chi erioed wedi dweud wrthych bod gennych gyflwr ar y galon ac mai dim ond gweithgarwch corfforol a argymhellir gan feddyg y dylech chi ei wneud? | YDY/NAC YDY |
| --- | --- |
| 2. Ydych chi'n teimlo poen yn eich brest pan fyddwch chi'n gwneud gweithgarwch corfforol? | YDW/NAC YDW |
| 3. Yn ystod y mis diwethaf, ydych chi wedi cael poen yn y frest pan nad oeddech yn gwneud gweithgarwch corfforol? | YDW/NAC YDW |
| 4. Ydych chi'n colli eich cydbwysedd oherwydd pendro neu a ydych chi erioed wedi colli ymwybyddiaeth? | YDW/NAC YDW |
| 5. Oes gennych chi broblem asgwrn neu gymal (er enghraifft, cefn, pen-glin neu glun) a allai waethygu oherwydd newid mewn gweithgarwch corfforol? | OES/NAC OES |
| 6. Ydy'ch meddyg chi yn rhagnodi cyffuriau i chi ar hyn o bryd (er enghraifft, tabledi dŵr) ar gyfer eich pwysedd gwaed neu gyflwr ar y galon? | YDY/NAC YDY |
| 7. Ydych chi'n gwybod am unrhyw reswm arall pam na ddylech chi wneud gweithgarwch corfforol? | YDW/NAC YDW |

Os ydych chi wedi ateb 'YDW' i unrhyw un o'r cwestiynau uchod, yna mae'n ofynnol i chi gael caniatâd eich meddyg cyn cymryd rhan yn y rhaglen ymarfer corff yn y gampfa.

Os ydych chi wedi ateb 'NA' i'r holl gwestiynau uchod a bod gennych sicrwydd rhesymol o'ch addasrwydd ar gyfer rhaglen ymarfer corff yn y gampfa, a fydd yn cynnwys:

* Cynhesu.
* Hyfforddiant cardiofasgwlaidd gan ddefnyddio offer.
* Pwysau sefydlog.
* Defnyddio peiriannau gwrthiant.
* Pwysau rhydd.
* Defnyddio ‘dumbbells’ a ‘barbells’.
* Ymarferion pwysau corff.
* Ymestyniadau dadgynhesu.

Fe'ch cynghorir chi i ohirio ymuno â'r rhaglen os ydych chi’n teimlo'n sâl neu os oes gennych salwch dros dro. Rhaid i chi roi gwybod i'ch hyfforddwr campfa am unrhyw newidiadau i'ch statws iechyd tra’n cymryd rhan yn eich rhaglen hyfforddi.

Llofnod y cleient: Dyddiad:

Llofnod y tyst: Dyddiad:

CANIATÂD CLEIENT  
CYSTADLEUAETH HYFFORDDWR PERSONOL

AMCANION A GWEITHDREFNAU'R RHAGLEN

Deallaf mai diben y rhaglen ymarfer corff yw darparu ymarfer corff diogel ac unigol i wella iechyd a ffitrwydd. Gall ymarferion gynnwys:

* Gweithgareddau peiriannau cardiofasgwlaidd – cerdded melin droedlath neu loncian, rhwyfo, beicio unionsyth neu orweddol, dringo grisiau a gweithgareddau eraill o'r fath.  
  Gweithgareddau hyfforddi ymwrthedd gan ddefnyddio peiriannau ymwrthedd, pwysau rhydd neu bwysau’r corff i wella cryfder neu ddygnwch cyhyrol.  
  Ymarferion dadgynhesu a hyblygrwydd i wella symudiadau o gylch y cymalau ac ystod symudiad.

RISGIAU POSIBL

Cynlluniwyd y rhaglen ymarfer corff i roi llwyth gwaith cynyddol ar y systemau cardiofasgwlaidd a chyhyrol, a thrwy hynny i wella eu swyddogaeth. Ni ellir bob amser ragweld ymateb y system gardiofasgwlaidd a chyhyrol i ymarfer corff o'r fath gyda chywirdeb llwyr. Mae risg y gall rhai newidiadau ddigwydd yn ystod neu ar ôl yr ymarfer. Gallai'r newidiadau hyn ymwneud â phwysedd gwaed neu gyfradd curiad y galon.

MANTEISION POSIBL

Rwy'n deall y dangoswyd bod rhaglen o ymarfer corff rheolaidd yn fuddiol. Mae rhai o'r manteision hyn yn cynnwys:

* Gostyngiad yn y risg o glefyd y galon.
* Gostyngiad ym mraster y corff.
* Gwelliant ym mhwysedd gwaed.
* Gwelliant mewn swyddogaeth seicolegol.
* Gwelliant mewn ffitrwydd aerobig.

Eglurwyd y rhaglen ymarfer corff yn y gampfa i mi ac mae fy nghwestiynau ynglŷn â'r rhaglen wedi'u hateb yn foddhaol. Deallaf fy mod yn rhydd i dynnu'n ôl ar unrhyw adeg. Bydd y wybodaeth a geir yn cael ei thrin yn breifat ac yn gyfrinachol.

Rwy’n ymwybodol bod cymryd rhan yn y gystadleuaeth Hyfforddwr Personol fel ‘cleient’, yn golygu efallai na fydd yr hyfforddwr rydw i’n gweithio gyda nhw yn gymwys eto a fy mod i’n gweithio gyda nhw ar fy risg fy hun.

Llofnod y cleient: Dyddiad:

Llofnod y tyst: Dyddiad: