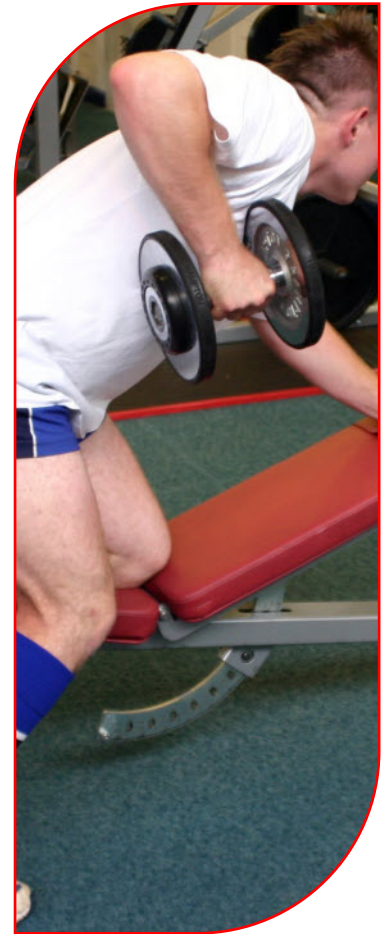


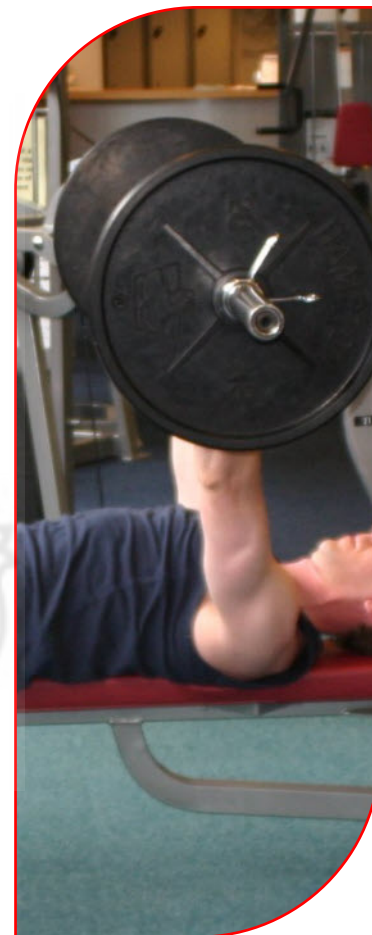
Gryphon Training Ltd

Course Information 2009/2010



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About Us

Gryphon Training Ltd is based on the Wirral in the North West. We are a vibrant new company and aim to provide an excellent learner centred environment for all students.

With over 30 years of combined sport, fitness and full time athlete background we offer a variety of qualifications to help you gain work in the fitness industry and to further your existing knowledge.

The qualifications offered by Gryphon Training aim to develop individuals into highly competent exercise professionals who possess the necessary skills and knowledge to work in the health and fitness industry.

Courses are focused upon the role of the fitness or gym based instructor and Gryphon Training endeavours to provide every candidate with the understanding of how to deliver safe, effective and enjoyable training sessions.

If you are looking to broaden your professional capabilities and have a genuine desire to work in the fitness industry then these courses will meet those demands.

Gryphon Training offers a friendly and supportive role throughout the duration of all courses whilst encouraging candidates to take responsibility for their own learning and personal development.

Help for Heroes

Mark Godwin, the Director of Gryphon Training Ltd is a former member of the armed forces. Recognising the importance of the Help for Heroes charity, he is donating 5% of all course fees to this valuable and worthwhile cause.

Mark says “Having served in the British Army with some of the bravest and dedicated men and women, I fully support the Help for Heroes charity and hope that they exceed all of their fundraising goals. The enhancement of any rehabilitation for service personnel wounded in action is a worthwhile and justified cause; Gryphon Training is proud to be part of this.”

To make a personal donation please visit www.helpforheroes.org.uk/donations



Level 2 Fitness Instructing (Gym)

Introduction

A vocationally related qualification (VRQ), at level 2 on the National Qualifications Framework.

Entry Requirements

Some experience of gym based exercises, including free weights, is recommended.

General Requirements

The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary. There is also an element of communication (discussing, presenting, reading and writing) involved and candidates should have basic skills in communication pitched at level 2.

Assessment

- Portfolio of evidence
- Gym observation
- Externally assessed theory paper



Level 3 Advanced Fitness Instructing (Gym)

Introduction

A vocationally related qualification (VRQ), at level 3 on the National Qualifications Framework.

Entry Requirements

Candidates must hold a Level 2 certificate in fitness instructing (gym) as recognised by the Register of Exercise Professionals (REPs)

General Requirements

The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary. There is also an element of communication (discussing, presenting, reading and writing) and application of number involved, candidates should have basic skills in communication and application of number pitched at levels 3 and 2 respectively.

Assessment

- Portfolio of evidence
- Practical observed assessment
- Externally assessed theory paper



Level 3 Sport Massage Therapy

Introduction

A vocationally related qualification (VRQ), at level 3 on the National Qualifications Framework.

Entry Requirements

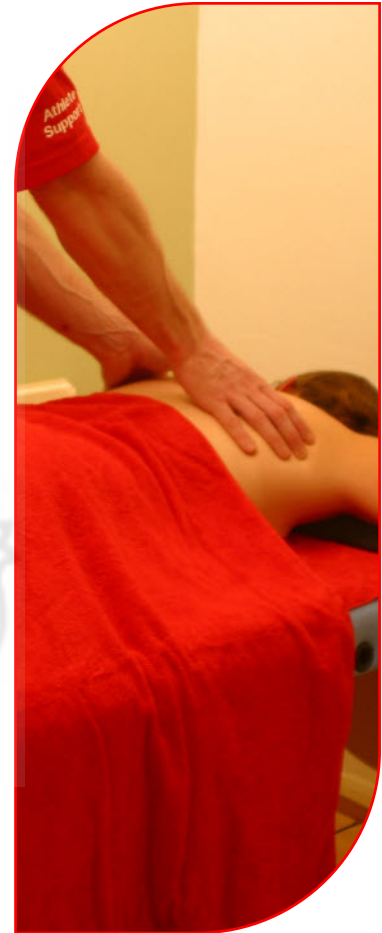
Qualifications in anatomy, physiology and exercise techniques equivalent to level 2 (For example a Level 2 certificate in fitness instructing (gym/ETM) as recognised by the Register of Exercise Professionals (REPs))

General Requirements

There is an element of communication (discussing, presenting, reading and writing) and candidates should have basic skills in communication pitched at level 3.

Assessment

- Internally assessed theory paper
- Practical observed assessment
- Internally assessed worksheet
- Case study assessment
- Externally assessed theory paper



Level 3 Personal Training

Introduction

A vocationally related qualification (VRQ), at level 3 on the National Qualifications Framework. It also provides access onto REPs at Level 3.

Entry Requirements

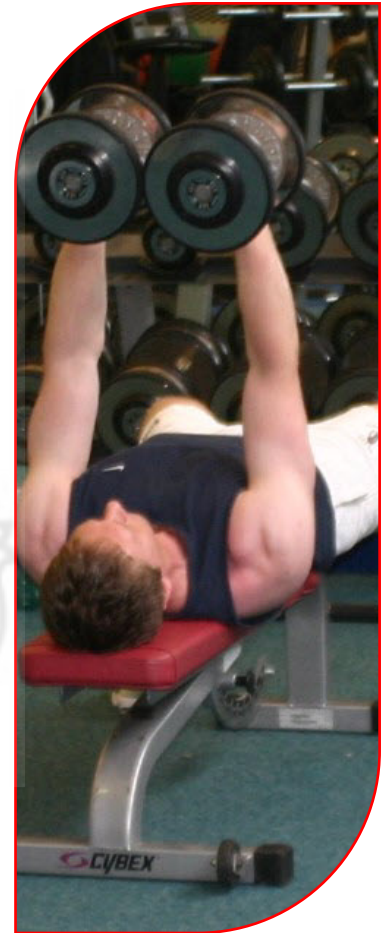
A suitable Level 2 qualification in gym instructing or a suitable group ETM qualification. There must be clear evidence that the candidate has appropriate underpinning knowledge for free weights and resistance machines.

General Requirements

The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary. There is an element of communication (discussing, presenting, reading and writing) and candidates should have basic skills in communication pitched at level 3.

Assessment

- Internally assessed observation
- Portfolio of evidence
- Nutrition case study
- 2 x externally assessed theory papers

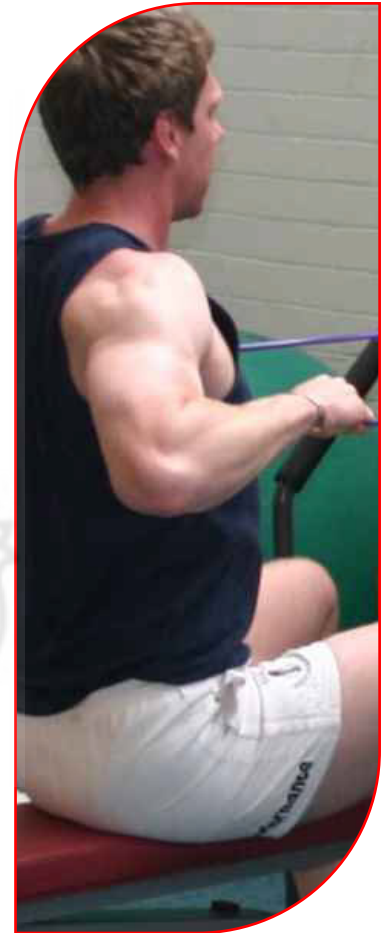


Course Procedure

On initial contact with Gryphon Training, candidates will speak to a member of the team who will outline the course itinerary and procedure. Registration will then take place and Gryphon Training will distribute a copy of all course information. This will include a learning pack, a workbook and a copy of the Code of Ethical Practice.

Individuals will be assigned a Gryphon Training tutor who will be the main point of contact throughout the course. Regular communication is encouraged between the candidate and tutor to ensure all elements of the course are being understood and completed successfully. This can be achieved by phone, email and visits if appropriate. Gryphon Training tutors will work with candidates to provisionally set a time frame for course completion and assessment dates.

The minimum time frame for completion is approximately 6 weeks for the Level 2 award.



Course Procedure

Candidates are required to work through the learning pack, at their own pace, and send back completed units to be assessed. Tutors will provide regular feedback of progress and support individuals where necessary.

During the course there will be opportunities to attend gym based learning days. Once all the theory work has been completed, candidates are required to take the final assessment. For Level 2 this includes:

- 1 hour theory paper
- Delivery of a practical gym session

On successful completion of the course, candidates will be sent a certificate of achievement from ActiveIQ and this is recognised by the Register of Exercise Professionals (REPs)



Course Fees*

Our current course fees for 2009/10 are as follows:

Level 2 Fitness Instructing	£600
Level 3 Advanced Fitness Instructing	£800
Level 3 Sports Massage Therapy	£1150
Level 3 Personal Training	£1200

Note:

Bookings can be made on any course with a 25% deposit.

Terms and conditions apply. Please contact Gryphon Training Ltd for details.

* Subject to change



Terms and Conditions

Introduction

The terms and conditions in this brochure is an agreement between Gryphon Training Ltd and you. Please ensure that you read them carefully.

Enrolment

A completed enrolment form from contracts you to attend and pay for the course that you have chosen.

All enrolment forms must be completed fully and accompanied by a non-refundable deposit.

If bookings are made on your behalf by your employer, they must be accompanied by an official purchase order with your enrolment form.

The balance (full course fee minus the deposit) is due no later than 30 days before the course commences.

Cancellations

If you cancel four weeks or more prior to the course start date you will be entitled to a full refund less the non-refundable deposit.

If you cancel between two and four weeks of the course start date you will be entitled to a 50% refund less the non-refundable deposit.

If you cancel less than two weeks of the course start date you are not entitled to any refund.

If you cancel an exam you will be liable for a £25 administration fee.

Terms and Conditions Cont.

It may be necessary to change or cancel course dates, venues and prices from those published. Gryphon Training will make every effort to transfer your booking together with any payment made, to the next available course at your preferred venue, it should be noted that we will not be held liable for any costs or losses incurred as a result of such changes.

Assessment

If you transfer your assessment date within 7 days of the assessment date, you will be responsible for a £50 deferral fee.

If you transfer your assessment date due to medical reasons, you are responsible for producing a medical certificate within 7 days of the notice given and a deferral fee of £50.

If you fail to attend an assessment and give no notification, you are responsible for a £100 fee to reschedule your assessment.

Certification

Certificates will not be sent if any fees are outstanding.

Other

Gryphon Training reserves the right to withdraw from any course, students that fail to comply with its standard practices and procedures. Gryphon Training also reserves the right to refuse enrolment if it believes that it will not be in the best interest of the company, other students or the individual concerned to enrol on a Gryphon Training course.

Contact

To contact Gryphon Training Ltd please email us at:

e: info@gryphontraining.co.uk

Please leave us your name, contact number and any questions that you have and we will get back to you as soon as possible.

For further information about Help for Heroes charity, please visit www.helpforheroes.org.uk

