

A male personal trainer with short dark hair and a goatee, wearing a white V-neck t-shirt, stands in a gym. He is holding a clipboard and pen. A name tag on his chest reads "Braxton Cleman" and "Certified Personal Trainer". The background shows gym equipment like dumbbells and weight racks.

Braxton Cleman  
Certified Personal Trainer

Well **IN**

Fitness Training Principles and  
Methods course - LEVEL ONE





Well IN Community Well-being Center are looking for a volunteers to work within the Facility. The role provides an opportunity to gain practical experience of working in a gym environment and contributing to the provision of an excellent standard of customer care.

The role will be progressive and will ultimately lead to the trainee encouraging and motivating service users and other customers to achieve their fitness goals. They will acquire the appropriate knowledge required to deliver basic advice on the use of equipment, carry out gym inductions and keep appropriate records.

If you have an questions please contact Nick -[nick.burke@corganisers.org.uk](mailto:nick.burke@corganisers.org.uk)

# Introduction

This booklet aims to inform students about the fitness volunteer Programme at Well IN well-being center, the processes involved, and how to make the most out of the programme.

## Why should I volunteer?

Sports volunteering is big business in the UK, with the value of volunteers being estimated at around £40million. The volunteers from the 2012 Olympic and Paralympic Games in London were highly praised for their hard work and professionalism, as well as their engagement with spectators. Put simply, without volunteers, sport wouldn't happen. Volunteering in sport can take many forms – it can be in the form of coaching, mentoring, officiating, running events, designing websites, and much more.

In addition, the benefits associated with volunteering are endless. They can include:

- Learning new skills and/or developing ones you've already learned
- Building your CV and professional portfolio
- Personal development
- Increasing your employability
- Supplementing your degree with first-hand experience
- Networking and building contacts in the industry
- A sense of reward and achievement
- It enhances your university life and experience
- It prevents boredom and provides a sense of purpose.
- Making new friends and enhancing your social life

What's more, you don't have to be on a sports degree course or have any formal qualifications, and you don't even need to be particularly good at sport – you just need to have a love for volunteering and for making a difference

## What is the Well IN Fitness Volunteer Program?

As well as gaining experience working on a gym floor, volunteers will also take the Physical Education - Fitness Training Principles and Methods course, designed to offer people from the community interested in a career in the Gym, health and fitness industry a unique opportunity to gain experience and a certificate.

Students who are successful in gaining a place on the program will need to commit a significant amount of time to complete the course over a 6 week period.



### Week 1

Students will complete 4 hours voluntary in the fitness facility consisting of

- *Health and Safety induction*
- *Safeguarding*
- *Intro*

& 1 hour in the classroom consisting of

- *Basic muscle physiology*
- *Muscle groups*

### Week 2 & 3

Students will complete 8 hours voluntary in the fitness facility consisting of

- *manning the floor*
- *helping users*

& 2 hours in the classroom consisting of

- *Information on the heart*
- *Energy systems*
- *Converting food to energy*
- *The principles of training*
- *Training principles*

### Week 4 & 5

Students will complete 8 hours voluntary in the fitness facility consisting of

- *manning the floor*
- *helping users*

& 2 hours in the classroom consisting of

- *Maximal oxygen uptake*
- *Acute responses*
- *Chronic training responses*
- *Fatigue and recovery*
- *The core components of fitness*

### Week 6

Students will complete 4 hours voluntary in the fitness facility consisting of

- *manning the floor*
- *helping users*

And 1 hour in the classroom consisting of

- *Assessment of fitness*
- *Final assessment*

**For more information contact Nick Burke [nick.burke@corganisers.org.uk](mailto:nick.burke@corganisers.org.uk)**

