

# BOSU Balance Training

## COURSE DETAILS

### AIMS

The BOSU (Both Sides Up) has emerged in recent years as one of the fitness industry's most versatile and widely used pieces of equipment. Bridging the gap between health and fitness, the BOSU offers cardio respiratory, muscle strength, muscle endurance, flexibility and balance training for the entire body. The NTC offers Ireland's National Qualification in BOSU Balance Training.

The aim of this programme is for fitness instructors & personal trainers to develop the skills to enable the safe and effective use of the BOSU in providing a work-out that is challenging and fun for clients in both group exercise and one-to-one environments.

In order to meet a high standard of instruction and to satisfy insurance requirements, the National Qualification in BOSU Balance Training is only open to application from all fitness instructors who hold a recognised, valid and current qualification from NCEHS, NCEF, ITEC etc.

### VENUE

This course takes place at the National Training Centre, 15-16 Saint Josephs Parade, Dorset Street, Dublin 7.

## SYNOPTIC SYLLABUS

What is integrated balance ?  
History of BOSU

Practical concerns for BOSU  
NTC National Standards and Guidelines  
Kinetic Chain Movement  
Balance and Cardio Training  
Balance and Muscular Strength  
Balance and Endurance  
Balance with Flexibility  
Teaching BOSU to groups and 1-2-1  
Teaching Practice

### TIME

This course takes place on the Sundays listed below. It lasts one day and runs from 10.00 until 17.00.

### CPD

Graduates of the NCEHS primary qualification will receive 60 CEUs.

AVAILABLE ON-SITE FOR GROUPS OF 8 OR MORE - CALL 01 - 882 7777 FOR DETAILS

Book online at [www.ntc.ie](http://www.ntc.ie)

## BOSU Balance Training - Enrollment

Name

Payment Type



Cheque / Draft / Cash  Card

Payment Amount

Full Price  €230.00  
Discounted Price  €200.00

Discounted price only for NCEHS Qualified Fitness Instructors

Address

Credit / Debit Card Number

Expiry Date

Security Code

Cardholder Name

2010 Date Selection - Dublin

April 9th  October 8th

Terms

I, the undersigned, declare that all the information supplied by me on this enrollment form is complete and true to the best of my knowledge. I agree that when participating on courses offered by The National Training Centre that I will be bound by National Training Centre rules and regulations. I understand that places on the BOSU Balance Training programme may only be reserved when course fees have been paid and that all course fees are non-refundable. I also understand that in order to qualify to participate on the BOSU Balance Training programme I must hold a valid, recognised fitness instructor qualification which has been awarded or renewed within the past five years and which includes a qualification in Exercise to Music. I understand that no certificates will be issued in respect of the BOSU Balance Training programme until I have submitted a copy of my fitness instructor qualification. Graduates of the NTC do not need to submit copies of fitness instruction qualifications. While dates and prices contained in this information leaflet are unlikely to alter, they may be subject to change without notice. Course start dates may be subject to change. If a course start date changes you will be offered the opportunity to transfer your enrollment to the new date or to receive a full refund of any fees paid. Should a course be cancelled or postponed the National Training Centre will not be held responsible for any additional costs incurred by the student, including, but not limited to, transport or accommodation. Once a course commences, although extremely unlikely, class dates and times may be subject to change. Tutors for individual classes on courses may be subject to change. Any and all special offers and/or promotions offered in relation to enrollment for any course are always subject to availability. Although the National Training Centre will always endeavour to meet all demands in relation to such offers, should there be no availability for any offer an alternative or cash amount will not be offered.

Contact Details

Home Telephone

Work Telephone

Mobile

Email

Applicant Signature

Date



# National Qualification in BOSU Balance Training

*"brings both imagination and physical challenge to core stability"*

## Schedule 2009



01 882 7777

info@ntc.ie

www.ntc.ie

National Training Centre, 15 - 16 Saint Joseph's Parade, Dorset Street, Dublin 7.