

# Stability Ball Training

## COURSE DETAILS

### AIMS

The National Qualification in Stability Ball Training is a post-graduate Advanced Certification Programme (ACP) of the National Training Centre and has been established to meet the growing demand for ball based exercise. The growth experienced in this area in recent years has been enormous and has led to a big demand for qualified ball based instructors in fitness facilities around the country.

The aim of this programme is for fitness instructors & personal trainers to develop the skills to enable the safe and effective use of the stability ball 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 Stability Ball Training is open to application from fitness instructors who hold a recognised and valid qualification from NCEHS, NCEF, ITEC etc.

### VENUE

This course takes place at the National Training Centre, 15-16 Saint Joseph's Parade, Dorset Street, Dublin 7 and Mardyke Arena, University College Cork, Western Road, Cork.

## SYNOPTIC SYLLABUS

Benefits of Stability Ball Training  
History of Stability Ball  
Choosing the correct size Stability Ball  
NTC National Standards and Guidelines  
Environmental, space requirements and maintenance  
Functional Training  
Positioning and Base moves  
Core Strength and Stability  
Breakdown of mixed level exercises  
Teaching Stability Ball in both group and one-to-one environments  
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

Please contact REPS Ireland at enquiries@repsireland.ie or Tel: 045 859162.

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)

## Stability Ball Training - Enrollment

Name

Address

Contact Details

Home Telephone

Work Telephone

Mobile

Email

Payment Type



Cheque / Draft / Cash  Card

Payment Amount

Full Price  €230.00  
Discounted Price  €200.00

Discounted price only for NCEHS Qualified Fitness Instructors

Credit / Debit Card Number

Expiry Date

Security Code

Cardholder Name

2010 Date Selection - Dublin

March 14th  June 27th  November 14th

2010 Date Selection - Cork

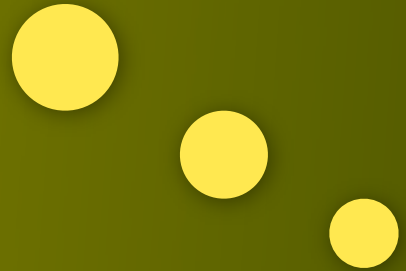
July 4th

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 Stability Ball 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 Stability Ball Training programme I must hold a valid, recognised fitness instructor qualification which has been awarded or renewed within the past five years. I understand that no certificates will be issued in respect of the Stability Ball 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.

Applicant Signature

Date



## National Qualification in Stability Ball Training

*"respond to the instability of the ball, remain balanced, engage more muscles"*

### Schedule 2010

