

Step Aerobics

COURSE DETAILS

AIMS

The National Qualification in Step Aerobics is presently the only professional qualification offered for Step Aerobics in Ireland. NCEHS has been offering this qualification since 1993 and this is the only such course in Ireland with both practical and written examinations. Step Aerobics has remained an exercise mainstay for many years and will be with us well into the future.

The aim of this programme is for fitness instructors & personal trainers to develop a critical understanding of Step Aerobics and to enable them to obtain the high standards required to teach Step Aerobics safely and effectively to the general public.

In order to meet a high standard of instruction and to satisfy insurance requirements, the National Qualification in Step Aerobics is open to application from fitness instructors who hold a recognised and valid qualification, including exercise to music, from NCEHS, NCEF, ITEC etc.

VENUE

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

SYNOPTIC SYLLABUS

Various Approaches to the Step
Platform Height
Increasing and Reducing Intensity
Muscle Balancing
Teaching and Cuing Skills
Injury Prevention
Lever Lengths
Foot Placement and Foot Strike
Music Tempo
Step Patterns and Choreography
Safe Exercise Selection

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

Step Aerobics - Enrollment

Name

Address

Contact Details

Home Telephone

Work Telephone

Mobile

Email

Payment Type



Cheque / Draft / Cash Card

Payment Amount

Full Price €180.00 Discounted Price €150.00

Discounted price only for NCEHS Qualified Fitness Instructors

Credit / Debit Card Number

Expiry Date

Security Code

Cardholder Name

2010 Date Selection - Dublin

May 9th September 5th

2010 Date Selection - Cork

February 7th

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 Step Aerobics 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 Step Aerobics 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 Step Aerobics 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 Step Aerobics

"a great cardio workout without extensive space or equipment"

Schedule 2010

