



SAQ[®] P-Award

Preliminary Award in Training Speed, Agility & Quickness.
A Practical and Internationally Recognised Award in Physical Conditioning.

When: **Sunday 12th July 2009, 9am to 5pm**

Where: **University of Gloucestershire, Oxstalls Campus, Gloucester**

Cost: **£141 Inc VAT per person**

Course Overview

- Practical experience in the design, development and implementation of training and conditioning programmes suitable for any sport or physical activity.
- Unlock the power of sports science and deliver quality physical training to all the people you coach, train and teach.
- Discover the practical secrets of how to train athletic performance, reduce injuries and enable faster recovery used by professionals in the field.
- Learn how to practically apply the SAQ[®] Continuum, the progressive sequence of training 'phases' that structures the training programmes of many of the world's top sporting clubs.

**Booking Deadline:
Thursday 18th June
2009**

Course Topics

1. Dynamic Flex[®] Warm-Up
2. Mechanics
3. Innervation
4. Accumulation of Potential
5. Explosion
6. Expression of Potential
7. Dynamic Flex[®] Cool-Down

Who Should Attend?

- Sports Coaches & Managers
- Sports Teachers •Physiotherapists
- Fitness Professionals
- Strength & Fitness Conditioners
- Athletes •Undergraduates
- Students Aged 16+

Assessments

- Design & develop a training session phase using the SAQ[®] Continuum.
- Deliver a phase of the SAQ[®] Continuum in a training session.
- Multiple-choice Examination

This one day practical and theory course is supported by comprehensive pre-reading material and DVD resources. Delivered by accredited SAQ[®] Training Directors and SAQ[®] Tutors.

Successful Award attendees receive **licensed SAQ[®] Trainer status*** and automatic, free membership of the [SAQ[®] Network](#) and [dual NCFE](#) and SAQ[®] INTERNATIONAL certification*.

If you would like to attend this course or for further information please contact:

**Samantha Kloos, Project and Administrative Officer,
Active Gloucestershire on:**

Tel: 01242 715204 Email: skloos@glos.ac.uk

Or Visit: www.activgloucestershire.org to download a booking form.