



Cystadleuaeth Sgiliau Cymru
Skills Competition Wales

Competition Brief

Competition Title

Fitness Trainer

Competition Overview

The competition provides competitors with an opportunity to show:

- Communication, coaching and physical skills
Professionalism
- Originality and the ability to provide a compelling and enjoyable session to promote adherence and build business

There are many reasons why clients engage Personal Trainers but one of the most common is to gain maximum benefit from training when time is limited; people are busy and can find it difficult to train alone. They will invest in the results that well planned 1:1 training provides. Therefore, effective use of the 40 minutes to maximise your client's motivation and outcome should underpin this session.

Entry Criteria

The competition is for those training for a career in Sports/Fitness and studying for a qualification in Level 2 Gym Instructors / Level 3 Personal training or BTEC Level 3.

Please ensure that your entrants have the skills and competences to complete the task.

Entry capacity restrictions by organisation

Maximum of up to 3 per location.

This is determined by 'location' and 'organisation'. 'Organisation' refers to the competitors' training provider/employer. 'Location' refers to a site where the competitor studies / is employed. For further guidance on these capacities, click [here](#)



Brief

Planning

Competitors must plan a 40 minute Personal Training session for a client of their choice. The competitor may use the template enclosed or alternatively use a layout of their choice. The plan can be a **maximum of 2 sides of A4 and must be a minimum of font size 11pt**. If the plan is more than 2 sides of A4, subsequent pages will not be marked. The competitor will need to bring **2 copies of the programme card on the day**. All plans will be judged against the set criteria.

Delivery

Competitors will need to deliver a training session for a client.

At the Competition you will be asked to demonstrate the planned **40 minute session** with your client. The session needs to be enjoyable, effective and **include 2 health/fitness related tests**. The session will also need to include at least **one advanced training system**. Competitors should establish their clients' needs and wants and work with them to meet their goals. The Competitor must ensure that their client's needs are met in the most effective way during the observed session. Competitors are encouraged to review the Judging criteria and practice their sessions prior to the Competition within the challenging time scales.

Timing

The Competitor has **40 minutes** to complete a training session with their client. It is suggested that 10 minutes is spent within a 'consultation' type meeting and testing/retesting and 30 minutes is allocated to providing the client with an effective training session. The competitor may employ tests at any point during the session and they may use their own reference material to work out the scores. All 40 minutes are directly observed by the Judges.

Clients

Competitors must bring a willing 'client' with them to the observed session – the client must be generally fit and active to be able to participate. This should ideally be the client for whom the plan has been written and who the PT has worked with. Clients cannot be a member of Sport/PE/Fitness staff from the college or training provider you represent.

Competition specific rules

- The Competitor must be aware that the allocated area may or may not be closed to other users during the Competition.
- Competitors will be judged for a strict 40 minutes.
- Competitors will have access to the fitness suite and a range of equipment.

- Programme card for the gym session must be completed prior to competition and 2 copies need to be brought on the day.
- Timings of competitor's sessions - Will be individually allocated once all entries are received and the portal is closed. An email will be sent out shortly after this.
- Registration: One hour before your allocated competition time slot. This will allow a tour of the gym.
- Once your practical element has taken place you are free to leave.
- The Personal Trainer Competitor may amend or add to their copy of the plan at any point during the session
- Competitors will not be able to compete on the day unless you are registered.
- Programme card can be used / referred to during your session.
- All competitors can use the given template to plan their session or alternatively competitors can create your own. The plan can be a maximum of 2 sides of A4 and must be a minimum of font size 11pt.
- A copy of the programme card must be handed to judges on registration
- PAR-Q & consent form to be brought on the day and handed to the registration team. Please ensure the client does not have any underlying conditions.

This is an open environment competition – the gym will be available to members / college users to reciprocate a real gym environment.

Applications to be made via www.skillscompetitionwales.ac.uk and opens 22nd November 2021.

Generic competition rules

- Listening to music via headphones is not permitted during competition activity.
- Any questions during competition activity should be addressed to the competition judging panel.
- Competitors should not communicate with other competitors during competition activity.
- It is the responsibility of each competitor to arrive on time for each competition session. No additional time will be allowed if you arrive late.
- Technical failure of your equipment should be reported immediately to the judging panel. Additional time will be allocated if the fault is beyond the control of the competitor.

Infrastructure List

Equipment available at the venue

| | |
|--|--|
| Free Weights To be confirmed when venues decided | CV To be confirmed when venues decided |
| Resistance | Other - Fitness testing equipment |

| | |
|--|---|
| To be confirmed when venues decided | <ul style="list-style-type: none"> ● Long tape measure ● Anthropometric tape measure ● Scales ● Bioelectric impedance analyser ● Blood pressure monitor - automatic ● Sit and reach box ● Calculator |
| <p>Health and Fitness related tests</p> <p>Blood pressure Height and weight BMI Waist circumference Waist to hip ratio Bioelectrical impedance Rockport walking test Step test Cooper 12 minute walk/run Abdominal curl/sit up test Press up test Range of movement visual assessment Balance tests</p> | |

*Some equipment may change on the day due to availability

During the 40 minutes session, competitors may bring with them and use (these will not be available on the day)

A clipboard

Their copy of the plan (which is identical to those submitted for judging)

Something to write with

Stopwatch

Fitness Testing protocols/norm tables (these may be accessed electronically)

Heart Rate Monitor

Mobile phone/tablet

Conversely - they may not bring or use:

Any of their own equipment (apart from above listed exceptions)

Music

Competition Rules

For full terms and conditions of entry and competition rules visit www.inspiringskills.gov.wales/terms-and-conditions

Marking and Assessment

Marks available:

*For more information about each section please refer to the marking criteria

| Type | Marks |
|----------------------|-------|
| General Presentation | 10 |
| Competitor | 21 |
| The session | 30 |
| Planning | 24 |
| Total | 85 |

Feedback and Recognition

Verbal feedback will be given however it will be timed at a strict 2 minutes.

No results or awards will be awarded on the day as marking will be quality assured.

All competitors will be issued with a Participation Certificate and invited to an online Celebration Event which will be held Thursday 17th March 2022, where the First, Second and Third Awards will be announced. Further details will be communicated to competitors and their points of contacts by email.

Marksheets will be made available to competitors after the quality assurance process has been completed.

Competition Lead

Lead Contact:

Cerys Rees

Cerys.rees@coleggwent.ac.uk

PROGRAMME CARD GYM SESSION

Client Name _____

Date _____

TRAINING GOALS

BARRIERS _____

| WARM-UP | | | | |
|---|------------------------|-------------|--------|-------------------------------|
| Overview of content (including mobility, pulse raising (CV machine)) | Equipment and duration | Level/speed | RPE/HR | Adaptation(s) or alternatives |
| | | | | |
| Preparatory stretches – Dynamic / Mobility | | | | |

| TRAINING | | | | |
|--------------------|------|------|------|-------------------------------|
| Exercise / Machine | Reps | Sets | Rest | Adaptation(s) or alternatives |
| | | | | |

| | | | | |
|--|--|--------------------------|--|--|
| | | | | |
| | | | | |
| | | | | |
| Functional Training/Core Stability (as appropriate for the client) | | | | |
| | | | | |
| COOL DOWN / FLEXIBILITY | | | | |
| Cool down (if a re-warm or pulse lowering phase is required please detail in the space below) | | | | |
| CV machine | | Time and intensity range | | |
| Post-workout stretches- indicate which stretches are maintenance (M) and which are developmental (D) | | | | |
| | | | | |

PERSONAL TRAINER COMPETITION

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

QUESTIONNAIRE

Name: _____ Age: _____ Gender: _____

Contact number: _____ Email: _____

Next of kin: _____ Contact number: _____

This PAR-Q is designed to help you to help yourself. Many benefits are associated with regular exercise, and completion of the PAR-Q form is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose a problem or hazard. The PAR-Q has been designed to identify the small number of people for whom physical activity might be inappropriate or for those who should seek medical advice concerning the type of activity most suitable for them. Common sense is your best guide for answering these questions.

| | |
|-------|--------|
| _____ | YES/NO |
| _____ | YES/NO |
| _____ | YES/NO |
| _____ | YES/NO |
| _____ | YES/NO |
| _____ | YES/NO |
| _____ | YES/NO |

If you have answered 'YES' to any of the above questions, then you are required to gain consent from your doctor before participating in the gym-based exercise programme.

If you have answered 'NO' to all of the above questions and you have reasonable assurance of your suitability for a gym-based exercise programme, which will include:

- A warm-up.
- Cardiovascular training using equipment.
- Fixed weights.
- Using resistance machines.
- Free weights.
- Using dumbbells and barbells.

- Body weight exercises.
- Cool down stretches.

You are advised to postpone entry into the programme if you feel unwell or have a temporary illness. You must inform your gym instructor of any changes to your health status whilst engaged in your training programme.

Client's signature: _____ Date: _____

Witness signature: _____ Date: _____

CLIENT CONSENT

PERSONAL TRAINER COMPETITION

PROGRAMME OBJECTIVES AND PROCEDURES

I understand that the purpose of the exercise programme is to provide safe and individualised exercise to improve health and fitness. Exercises may include:

- Cardiovascular machine activities – treadmill walking or jogging, rowing, upright or recumbent cycling, stair climbing and other such activities.

Resistance training activities using resistance machines, free weights or body weight to improve muscular strength or endurance.

Cool down and flexibility exercises to improve movement around the joints and range of motion.

POTENTIAL RISKS

The exercise programme is designed to place a gradually increasing workload on the cardiovascular and muscular systems, and thereby improve their function. The reaction of the cardiovascular and muscular system to such exercise cannot always be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes could relate to blood pressure or heart rate.

POTENTIAL BENEFITS

I understand that a programme of regular exercise has been shown to be beneficial. Some of these benefits include:

- A decrease in risk of heart disease.
- A decrease in body fat.
- Improved blood pressure.
- Improvement in psychological function.
- Improvement in aerobic fitness.

The gym-based exercise programme has been explained to me and my questions regarding the programme have been answered to my satisfaction. I understand that I am free to withdraw at any time. The information obtained will be treated as private and confidential.

I am aware that participating in the Personal Trainer competition as a 'client', means that the instructor I am working with may not yet be qualified and that I am working with them at my own risk.

Client's signature: _____ Date: _____

Witness signature: _____ Date: _____

Briff y Gystadleuaeth

Teitl y Gystadleuaeth

Hyfforddwr Ffitrwydd

Trosolwg y Gystadleuaeth

Mae'r gystadleuaeth yn rhoi cyfle i gystadleuwyr ddangos:

- Sgiliau cyfathrebu, hyfforddi a chorfforol Proffesiynoldeb
- Gwreiddioldeb a'r gallu i ddarparu sesiwn gymhellol a phleserus i hyrwyddo ymlyniad ac adeiladu busnes

Mae sawl rheswm pam mae cleientiaid yn dewis Hyfforddwyr Personol ond un o'r rhai mwyaf cyffredin yw i gael y budd mwyaf posibl o hyfforddiant pan fod amser yn brin; mae pobl yn brysur a gallant ei chael hi'n anodd hyfforddi ar eu pennau eu hunain. Byddant yn buddsoddi yn y canlyniadau y mae hyfforddiant 1: 1 wedi'u cynllunio'n dda yn eu darparu. Felly, dylai defnydd effeithiol o'r 40 munud i gynyddu cymhelliad a chanlyniad eich cleient fod yn sail i'r sesiwn hon.

Meini Prawf Cystadlu

Mae'r gystadleuaeth i'r rheiny sy'n hyfforddi ar gyfer gyrfa mewn Chwaraeon/Ffitrwydd ac yn astudio ar gyfer cymhwyster Hyfforddwyr Campfa Lefel 2 / Hyfforddiant personol Lefel 3 neu BTEC Lefel 3.

Sicrhewch fod gan eich ymgeiswyr y sgiliau a'r cymwyseddau i gwblhau'r dasg.

Cyfyngiadau niferoedd mynediad fesul sefydliad

Uchafswm o hyd at 3 y lleoliad.

Pennir hyn yn ôl 'lleoliad' a 'sefydliad'. Cyfeiria 'sefydliad' at ddarparwr/cyflogwr hyfforddi'r cystadleuwyr. Mae 'lleoliad' yn cyfeirio at safle lle mae'r cystadleuydd yn astudio / yn gweithio. Am arweiniad pellach ar y niferoedd hyn, cliciwch [yma](#)

Briff

Cynllunio

Rhaid i gystadleuwyr gynllunio sesiwn Hyfforddiant Personol 40 munud ar gyfer cleient o'u dewis. Gall y cystadleuydd ddefnyddio'r templed amgaeedig neu fel arall defnyddio cynllun o'i ddewis. Gall y cynllun fod yn **uchafswm o 2 ochr A4 a rhaid bod o leiaf maint ffont 11pt.** Os ydy'r cynllun yn fwy na 2 ochr A4, ni fydd y tudalennau ychwanegol yn cael eu marcio. Bydd angen i'r cystadleuydd ddod â **2 gopi o**



geryn y rhaglen ar y diwrnod. Caiff pob cynllun ei feirniadu yn erbyn y meini prawf a bennwyd.

Cyflwyniad

Bydd angen i gystadleuwyr gyflwyno sesiwn hyfforddi ar gyfer cleient.

Yn y Gystadleuaeth gofynnir i chi arddangos y **Sesiwn 40 munud** gyda'ch cleient. Mae angen i'r sesiwn fod yn bleserus, yn effeithiol a rhaid **cynnwys 2 brawf sy'n gysylltiedig ag iechyd/ffitwydd**. Bydd angen i'r sesiwn hefyd gynnwys o leiaf **un system hyfforddi uwch**. Dylai cystadleuwyr sefydlu anghenion a gofynion eu cleientiaid a gweithio gyda nhw i gyflawni eu nodau. Rhaid i'r Cystadleuydd sicrhau bod anghenion eu cleient yn cael eu diwallu yn y ffordd fwyaf effeithiol yn ystod y sesiwn a arsylwyd. Anogir cystadleuwyr i adolygu'r meini prawf Beirniadu ac ymarfer eu sesiynau cyn y Gystadleuaeth o fewn yr amserlenni heriol.

Amseru

Mae gan y Cystadleuydd **40 munud** i gwblhau sesiwn hyfforddi gyda'u cleient. Awgrymir bod 10 munud yn cael ei dreulio mewn cyfarfod 'ymgyngori' a phrofi/ailbrofi a bod 30 munud yn cael ei neilltuo i ddarparu sesiwn hyfforddi effeithiol i'r cleient. Gall y cystadleuydd ddefnyddio profion ar unrhyw adeg yn ystod y sesiwn a gallant ddefnyddio eu deunydd cyfeirio eu hunain i weithio allan y sgorau. Mae'r Beirniaid yn arsylwi'n uniongyrchol y 40 munud cyfan.

Cleientiaid

Rhaid i gystadleuwyr ddod â 'chleient' parod gyda nhw i'r sesiwn a arsylwir – rhaid i'r cleient fod yn gyffredinol ffit ac yn iach er mwyn gallu cymryd rhan. Yn ddelfrydol, hwn ddylai fod y cleient yr ysgrifennwyd y cynllun ar ei gyfer a'r cleient y mae'r Hyfforddwr Personol wedi gweithio gyda nhw. Ni all cleientiaid fod yn aelod o staff Chwaraeon/Addysg Gorfforol/Ffitwydd y coleg neu'r darparwr hyfforddiant rydych chi'n ei gynrychioli.

Rheolau cystadlu penodol

- Rhaid i'r Cystadleuydd fod yn ymwybodol y gallai'r ardal a neilltuwyd fod ar gau i ddefnyddwyr eraill yn ystod y Gystadleuaeth.
- Bydd cystadleuwyr yn cael eu beirniadu am 40 munud manwl.
- Bydd gan gystadleuwyr fynediad i'r ystafell ffitwydd ac amrywiaeth o offer.
- Rhaid cwblhau cerdyn rhaglen ar gyfer sesiwn y gampfa cyn y gystadleuaeth ac mae angen dod â 2 gopi ar y dydd.
- Amseru sesiynau cystadleuwyr - Byddant yn cael eu dyrannu'n unigol unwaith y bydd yr holl geisiadau yn dod i law a'r porth ar gau. Anfonir e-bost yn fuan ar ôl hyn.
- Cofrestru: Awr cyn y slot amser cystadlu a neilltuwyd i chi. Bydd hyn yn caniatáu taith o amgylch y gampfa.

- Unwaith y bydd eich elfen ymarferol ar ben, mae croeso i chi adael.
- Gall y Cystadleuydd Hyfforddwyr Personol ddiwygio neu ychwanegu at eu copi o'r cynllun ar unrhyw adeg yn ystod y sesiwn
- Ni fydd cystadleuwyr yn gallu cystadlu ar y diwrnod oni bai eu bod wedi cofrestru.
- Gellir defnyddio / cyfeirio at gerdyn rhaglen yn ystod eich sesiwn.
- Gall pob cystadleuydd ddefnyddio'r templed a roddir i gynllunio eu sesiwn neu fel arall gall cystadleuwyr greu eu sesiwn eu hun. Gall y cynllun fod yn uchafswm o 2 ochr A4 a rhaid bod o leiaf maint ffont 11pt.
- Rhaid rhoi copi o'r cerdyn rhaglen i feirniaid wrth gofrestru
- PAR-Q & ffurflen ganiatâd i'w cyflwyno ar y diwrnod a'u rhoi i'r tîm cofrestru. Sicrhewch nad oes gan y cleient unrhyw achosion sylfaenol.

Cystadleuaeth amgylchedd agored yw hon – bydd y gampfa ar gael i aelodau / defnyddwyr y coleg i gyd-fynd ag amgylchedd campfa go iawn.

Ceisiadau i'w gwneud drwy www.skillscompetitionwales.ac.uk ac yn agor 22^{ain} Tachwedd 2021.

Rheolau cystadlu generig

- Ni chaniateir gwrando ar gerddoriaeth drwy glustffonau yn ystod gweithgaredd cystadlu.
- Dylid gofyn unrhyw gwestiynau yn ystod gweithgaredd cystadlu i banel beirniadu'r gystadleuaeth.
- Ni ddylai cystadleuwyr gyfathrebu â chystadleuwyr eraill yn ystod gweithgaredd cystadlu.
- Cyfrifoldeb pob cystadleuydd yw cyrraedd yn brydlon ar gyfer pob sesiwn gystadlu. Ni chaniateir amser ychwanegol os byddwch chi'n cyrraedd yn hwyr.
- Dylid rhoi gwybod i'r panel beirniadu ar unwaith am fethiant technegol eich offer. Bydd amser ychwanegol yn cael ei neilltuo os yw'r nam y tu hwnt i reolaeth y cystadleuydd.

Rhestr Seilwaith

Offer sydd ar gael yn y lleoliad

| | |
|---|--|
| <p>Pwysau Rhydd I'w gadarnhau pan benderfynir ar leoliadau</p> | <p>Cardiofasgwlar (CV) I'w gadarnhau pan benderfynir ar leoliadau</p> |
| <p>Gwrthiant I'w gadarnhau pan benderfynir ar leoliadau</p> | <p>Arall - Offer profi ffitrwydd</p> <ul style="list-style-type: none"> • Tâp mesur hir • Tâp mesur anthropometrig • Cloriannau • Dadansoddwr rhwystriant biodrydanol • Monitor pwysedd gwaed - awtomatig • Bocs eistedd ac ymestyn |

- Cyfrifiannell

Profion sy'n gysylltiedig ag lechyd a Ffitrwydd

Pwysedd gwaed
 Taldra a phwysau
 BMI
 Cylchedd y gwasg
 Cymhareb gwasg i glun
 Rhwystriant biodrydanol
 Prawf cerdded Rockport
 Prawf camau
 Cerdded / rhedeg 12 munud Cooper
 Prawf crymanu abdomenol/eistedd i fyny
 Prawf byrfraich
 Ystod yr asesiad gweledol o symudiadau
 Profion cydbwysedd

* Efallai y bydd rhywfaint o offer yn newid ar y diwrnod oherwydd argaeledd

Yn ystod y sesiwn 40 munud, gall cystadleuwyr ddod â'r canlynol gyda nhw a'u defnyddio (ni fydd y rhain ar gael ar y diwrnod)

Clipfwrdd
 Eu copi o'r cynllun (sydd union yr un fath â'r rhai a gyflwynwyd i'w beirniadu)
 Rhywbeth ar gyfer ysgrifennu
 Stopwatsh
 Protocolau Profi Ffitrwydd/tablau norm (gellir dod o hyd i'r rhain yn electronig)
 Monitor Cyfradd Curiad y Galon
 Ffôn symudol/taled

I'r gwrthwyneb - efallai na fyddant yn dod â nac yn defnyddio:

Eu hoffer eu hunain (ar wahân i'r eithriadau a rhestrir uchod)
 Cerddoriaeth

Rheolau Cystadlu

Am delerau ac amodau mynediad llawn a rheolau cystadlu, ewch i [www.inspiringskills.gov.wales/telerau ac amodau](http://www.inspiringskills.gov.wales/telerau%20ac%20amodau)

Marcio ac Asesu

Marciau sydd ar gael:

*Am fwy o wybodaeth am bob adran cyfeiriwch at y meini prawf marcio

| Math | Marciau |
|------------------------|----------------|
| Cyflwyniad Cyffredinol | 10 |
| Cystadleuydd | 21 |
| Y sesiwn | 30 |
| Cynllunio | 24 |
| Cyfanswm | 85 |

Adborth a Chydnabyddiaeth

Ceir adborth ar lafar, fodd bynnag, caiff ei gyfyngu i 2 funud llym.

Ni ddyfernir unrhyw ganlyniadau na dyfarniadau ar y diwrnod gan y bydd angen sicrhau ansawdd y marcio.

Bydd pob cystadleuydd yn derbyn Tystysgrif Cyfranogiad ac yn cael ei wahodd i Ddigwyddiad Dathlu ar-lein a gynhelir Dydd Iau 17eg Mawrth 2022, lle cyhoeddir y Dyfarniad Cyntaf, Ail a Thrydydd. Bydd manylion pellach yn cael eu rhoi i gystadleuwyr a'u pwyntiau cyswllt drwy e-bost.

Bydd taflenni marcio ar gael i gystadleuwyr ar ôl cwblhau'r broses sicrhau ansawdd.

Arweinydd Cystadleuaeth

Prif Gyswllt:

Cerys Rees

Cerys.rees@coleggwent.ac.uk

CERDYN RHAGLEN SESIWN CAMPFA

Enw'r Cleient _____ Dyddiad _____

NODAU HYFFORDDI

RHWYSTRAU _____

| CYNHESU | | | | |
|---|-------------|-----------------|--------|------------------------------------|
| Trosolwg y cynnwys (gan gynnwys symudedd, codi pwls (peiriant CV) | Offer a hyd | Lefel/cyflymder | RPE/HR | Addasiad(au) neu ddewisiadau amgen |
| | | | | |
| Ymestyniadau paratoadol – Dynamig / Symudedd | | | | |

| HYFFORDDIANT | | | | |
|--------------------------|-----------|--------|----------|------------------------------------|
| Ymarfer Corff / Peiriant | Ailadrodd | Setiau | Gorffwys | Addasiad(au) neu ddewisiadau amgen |
| | | | | |

| | | | | |
|---|--|-----------------------|--|--|
| | | | | |
| | | | | |
| | | | | |
| Hyfforddiant Ymarferol/Sefydlogrwydd Craidd (fel sy'n briodol i'r cleient) | | | | |
| | | | | |
| DADGYNHESU / HYBLYGRWYDD | | | | |
| Dadgynhesu (os oes angen cyfnod ailgynhesu neu ostwng pwls, rhowch fanylion yn y bwlch isod) | | | | |
| Peiriant CV | | Ystod amser a dwyster | | |
| Ymestyniadau ôl-ymarfer - nodwch pa ymestyniadau sy'n cynnal (C) a pha rai sy'n ddatblygiadol (D) | | | | |
| | | | | |

CYSTADLEUAETH HYFFORDDWR PERSONOL

HOLIADUR PARODRWYDD GWEITHGARWCH CORFFOROL

HOLIADUR

Enw: _____ Oed: _____ Rhywedd: _____

Rhif cyswllt: _____ E-bost: _____

Perthynas agosaf: _____ Rhif cyswllt: _____

Cynlluniwyd y PAR-Q hwn i'ch helpu chi i helpu'ch hun. Mae llawer o fanteision yn gysylltiedig ag ymarfer corff rheolaidd, ac mae cwblhau'r ffurflen PAR-Q yn gam cyntaf synhwyrol i'w gymryd os ydych chi'n bwriadu cynyddu eich gweithgarwch corfforol.

I'r mwyafrif o bobl, ni ddylai gweithgarwch corfforol fod yn broblem nac yn beryglus. Cynlluniwyd y PAR-Q i nodi'r nifer fach hynny o bobl y gallai gweithgaredd corfforol fod yn anaddas ar eu cyfer neu i'r rhai a ddylai ofyn am gyngor meddygol ynglŷn â'r math o weithgaredd sydd fwyaf addas ar eu cyfer. Synnwyr cyffredin yw eich canllaw gorau ar gyfer ateb y cwestiynau hyn.

| | |
|-------|-----------------|
| _____ | YDY/NAC YDY |
| _____ | YDW/NA C YDW |
| _____ | YDW/NA C YDW |
| _____ | YDW/NA C YDW |
| _____ | OES/NAC OES |
| _____ | YDY/NAC YDY |
| _____ | YDW/NA C YDW |

Os ydych chi wedi ateb 'YDW' i unrhyw un o'r cwestiynau uchod, yna mae'n ofynnol i chi gael caniatâd eich meddyg cyn cymryd rhan yn y rhaglen ymarfer corff yn y gampfa.

Os ydych chi wedi ateb 'NA' i'r holl gwestiynau uchod a bod gennych sicrwydd rhesymol o'ch addasrwydd ar gyfer rhaglen ymarfer corff yn y gampfa, a fydd yn cynnwys:

- Cynhesu.
- Hyfforddiant cardiofasgwlaidd gan ddefnyddio offer.

- Pwysau sefydlog.
- Defnyddio peiriannau gwrthiant.
- Pwysau rhydd.
- Defnyddio 'dumbbells' a 'barbells'.
- Ymarferion pwysau corff.
- Ymestyniadau dadgynhesu.

Fe'ch cynghorir chi i ohirio ymuno â'r rhaglen os ydych chi'n teimlo'n sâl neu os oes gennych salwch dros dro. Rhaid i chi roi gwybod i'ch hyfforddwr campfa am unrhyw newidiadau i'ch statws iechyd tra'n cymryd rhan yn eich rhaglen hyfforddi.

Llofnod y cleient: _____ Dyddiad: _____

Llofnod y tyst: _____ Dyddiad: _____

CANIATÂD CLEIENT CYSTADLEUAETH HYFFORDDWR PERSONOL

AMCANION A GWEITHDREFNAU'R RHAGLEN

Deallaf mai diben y rhaglen ymarfer corff yw darparu ymarfer corff diogel ac unigol i wella iechyd a ffitrwydd. Gall ymarferion gynnwys:

- Gweithgareddau peiriannau cardiofasgwlaidd – cerdded melin droedlath neu loncian, rhwyfo, beicio unionsyth neu orweddol, dringo grisiau a gweithgareddau eraill o'r fath. Gweithgareddau hyfforddi ymwrthedd gan ddefnyddio peiriannau ymwrthedd, pwysau rhydd neu bwysau'r corff i wella cryfder neu ddygnwch cyhyrol. Ymarferion dadgynhesu a hyblygrwydd i wella symudiadau o gyloch y cymalau ac ystod symudiad.

RISGIAU POSIBL

Cynlluniwyd y rhaglen ymarfer corff i roi llwyth gwaith cynyddol ar y systemau cardiofasgwlaidd a chyhyrol, a thrwy hynny i wella eu swyddogaeth. Ni ellir bob amser ragweld ymateb y system gardiofasgwlaidd a chyhyrol i ymarfer corff o'r fath gyda chywirdeb llwyr. Mae risg y gall rhai newidiadau ddigwydd yn ystod neu ar ôl yr ymarfer. Gallai'r newidiadau hyn ymwneud â phwysedd gwaed neu gyfradd curiad y galon.

MANTEISION POSIBL

Rwy'n deall y dangoswyd bod rhaglen o ymarfer corff rheolaidd yn fuddiol. Mae rhai o'r manteision hyn yn cynnwys:

- Gostyngiad yn y risg o glefyd y galon.
- Gostyngiad ym mraster y corff.
- Gwelliant ym mhwsedd gwaed.
- Gwelliant mewn swyddogaeth seicolegol.
- Gwelliant mewn ffitrwydd aerobig.

Eglurwyd y rhaglen ymarfer corff yn y gampfa i mi ac mae fy nghwestiynau ynglŷn â'r rhaglen wedi'u hateb yn foddhaol. Deallaf fy mod yn rhydd i dynnu'n ôl ar unrhyw adeg. Bydd y wybodaeth a geir yn cael ei thrin yn breifat ac yn gyfrinachol.

Rwy'n ymwybodol bod cymryd rhan yn y gystadleuaeth Hyfforddwr Personol fel 'cleient', yn golygu efallai na fydd yr hyfforddwr rydw i'n gweithio gyda nhw yn gymwys eto a fy mod i'n gweithio gyda nhw ar fy risg fy hun.

Llofnod y cleient: _____ Dyddiad: _____

Llofnod y tyst: _____ Dyddiad: _____