

# GETTING AHEAD



Start to develop skills that are relevant to your course before you join HSDC this September!

## Personal Trainer

Before you join us in September, we would like to share with you some activities and units you will be enjoying on your course. We would like you to research aspects of your chosen career for us to discuss when you join us:



Welcome video

<https://youtu.be/LBa3jNXoMJI>

As a budding fitness professional, it is essential to understand and know the life advantages that can be obtained from exercise. It is especially important to us @HSDC\_PT to ensure that your knowledge is some of the best in the industry.

**We look forward to seeing you in September!**

For further information about your College and being a student at HSDC, please visit [hsrc.ac.uk/South-Downs](https://hsrc.ac.uk/South-Downs)

Here is an excellent 10-minute video we have chosen for you to watch several times to truly understand the benefits of exercise. There is a short Google quiz on the same link we would like you to complete.



<https://forms.gle/oBCyBogmYEgcx1CZA>

## Induction Introduction Video

<https://youtu.be/EvweFssqPto>

During your two years studying Personal Training at HSDC you will be making many videos of you instructing. This may be for reinforcing learning, assessment purposes, WorldSkills entry or merely honing your skills for social media content when it comes to you creating business for yourself.

The link above shows Rob (first-year tutor) run through an introduction for a basic group induction. We would like you to replicate this video as accurately as possible. It doesn't have to be in a gym but all of the points raised, body language and general professionalism we would like to see.

Please bring your video along with you in September so we can view and discuss your creation!

**We look forward to seeing you all in September!**

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## Watch

### **Do you want the chance to live the athlete lifestyle?**

Check out our residential that waits for you in Year Two of the programme – Club La Santa in Lanzarote: one resort with untold opportunities to push yourself alongside elite athletes. Check out our students getting involved and the amazing venue.

<https://www.youtube.com/watch?v=GZVEohR8vmo>

<https://www.youtube.com/watch?v=7Rwj-nGo-K4>

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