

Dates / location / costs / registration

Basic module trainer-C training

Date: 26.-28.06.2020

Location: Triple purpose sports
hall vocational college Olsberg
overnight accommodation in Olsberg Parkhotel

Fees: Participation is free

Minimum age: 16 years

Registration

Contact Franziska Geise by telephone or email
(02904-9763254, f.geise@hochsauerlandsport.de)



Integration through sport

The Hochsauerlandkreis is diverse -
Promote diversity with a sports qualification



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Trainer C-basic module

Special training for women and men
from a migration background



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Ministerium für Kinder, Familie,
Flüchtlinge und Integration
des Landes Nordrhein-Westfalen



LANDESSPORTBUND
NORDRHEIN-WESTFALEN





Why get a sports qualification?

Grounded knowledge gives you confidence...

"After training as a trainer I feel much more confident dealing with groups of children."

Training is fun...

"I'm glad to offer a sports program for the Turkish girls in our town."

"I enjoy looking after a group and it's a great role."

Then it gets much easier...

"I now know how to motivate the kids."

"I've learnt lots of new games and how to use sports equipment."

Personal development...

"It's great learning something new again."

"I've realized how important regular and well-led sports sessions are for health and personal development, especially for children."

Content of the trainer-C training

Trainer-C training comprises two levels: the basic module (30 sessions of 45 minutes) and the advanced module (90 sessions of 45 minutes).

The course includes both practice and theory, with the practical part being the majority!

Content of the basic module (Examples)

- Structure of sports lessons
- Fundamentals of leading sports groups
- Games in sports lessons
- Fundamentals of training theory
- Setting up/dismantling equipment, securing equipment
- Safety, supervision, liability, insurance
- Practical exercises from all areas

Trainer-C basic module, and then?

After successful participation in the basic module, there is the opportunity to complete the advanced module. Contact the KreisSportBund Hochsauerlandkreis to find out the dates for this year.

Here are some **examples** of possible **activities for exercise leaders**:

- Sports group: Leading mother and child gym groups
- Sports group: Leading fitness gym groups
- Sports group: Leading swimming groups, aqua fitness (additional qualification required)
- Sports group: Leading walking groups
- Sports group: Leading football E-youth
- Full day school: Leading playgroups

