



## Course Information

### ACTIVE LEADERSHIP AWARD TRAINING COURSE

Friday 22<sup>nd</sup> January 2010 – 6 to 9pm  
& Saturday 23<sup>rd</sup> January 2010 – 10 to 5pm  
City Venue (to be confirmed).

- Fee:** €25 per person
- Facilitators:** Waterford Sports Partnership tutors Jane O'Dwyer & Peter Jones
- Age Limit:** Participants must be aged 18 years and over.
- Course Content:** The training is designed to equip participants with the necessary knowledge and skills to plan, organise and lead the delivery of a safe activity session. The training will last for approximately 10 hours and will be delivered over 2 days.
- The course is a mixture of practical and theoretical work and looks specifically at equipping leaders with the skills to work in a wide range of locations including local clubs, community groups, workplaces, community centres and sports clubs. The training will be an enjoyable experience and the participants are assessed throughout the course on attendance, interest, personal skills and leadership skills. This award also involves the satisfactory completion of a final practical assessment on either a warm up, activity based warm up, main activity or cool down.
- Closing Date:** First come first served with completed application form and fee paid due to limited number of places available