



UKhooping
Teacher Training Workshops

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ABOUT OUR REPS APPROVED TEACHER TRAINING WORKSHOPS



Teacher Training has been set up by Jacqui Smith and Marion Johnson to standardise and regulate the teaching of hoop exercise in the United Kingdom.

Both Jacqui and Marion are fitness professionals and have been teaching hooping for over 5 years. They both achieved Master Trainer status in 2008 with US Bodyhoops worldwide hooping specialist and world master trainer Diana Lopez (www.bodyhoops.com).

As fitness professionals, they decided that UK reps approval was needed in the United Kingdom. It has taken over 5 months to achieve UK regulation and procedure status. The Register of Exercise Professionals Skills Active approval has now been achieved and both Marion and Jacqui are now ready

to deliver the  professional hoop teacher certification workshops to qualified fitness instructors UK wide.



Our Mission Statement

To provide a safe and effective Hooping Teaching experience allowing our learners to leave feeling confident and able to teach Hooping Classes.

Tutors contribute to the achievement of these key objectives by:

ensuring that learners are successful by:

- ensuring that information given to learners on course outlines and at the first class meeting is accurate, comprehensive, user friendly and sets up correct expectations about the course
- carrying out an appropriate initial assessment of learners' needs, prior knowledge/ experience and expectations
- negotiating realistic and achievable individual learning outcomes
- ensuring that no learner is prevented from achieving because of poor literacy and numeracy skills

ensuring high levels of retention and achievement by:

- welcoming and facilitating the participation of learners, particularly those from under-represented groups, non-traditional learners and those who have benefited least from their initial education
- creating a learning environment which respects individual differences in which all feel comfortable, respected and valued
- motivating students, giving regular feedback on their progress and fostering a sense of achievement
- setting targets to increase learner retention, achievement and satisfaction

ensuring the quality of teaching and learning continues to improve by:

- planning & delivering high quality learning opportunities which
 - take account of different student needs and learning styles
 - allow the achievement of personal learning goals
- being inclusive
- differentiating the learning to match learner needs
- promoting equality of opportunity
- reducing barriers to learning in the classroom
- involving students in the planning and evaluation of their learning
- using a variety of teaching methods, including e-learning where appropriate, to facilitate learning
- recognising and recording student achievement and providing prompt feedback to learners on their progress
- being aware of progression opportunities both within our organization and outside and advising learners accordingly
- ensuring their own and others' health and safety through regular risk assessment, constant vigilance and reporting of risks and promotion of safe working practices
- keeping up to date in their subject area and attaining relevant teaching qualifications



WHY UK HOOPING?


Why should I train with  ? I can hoop already so I can incorporate into a class anyway.

Your UK insurance will not cover you to teach hooping however much experience you have. To be completely covered you will need to obtain UK Register of Exercise Professionals hoop exercise training.

What makes us different from USA Hooping organizations?

We cover all the UK health and safety regulations required to teach safe and effective hoop exercise classes.

I have attended a workshop in the UK on Hooping already, is this not enough?

To be able to teach hoop exercise classes under your fitness insurances, you will need to attend the  Teacher Training Workshop. As of 2011 we are still the only UK approved training course to over Skills Active approved courses that will be covered under your FITPRO or REPs insurance.

- **A 5 hour teacher training workshop where you will learn how to plan and teach independent courses or incorporate hoop exercise into your existing fitness or dance classes.**
- **You will learn how to teach different aspects of hooping from theory to practice and start to develop your own personal hooping skills.**
- **You will learn how to structure classes, develop and master the skills to teach and troubleshoot problems you may encounter in your courses/classes.**
- **You will be assessed and be required to produce further evidence of your teaching and learning.**

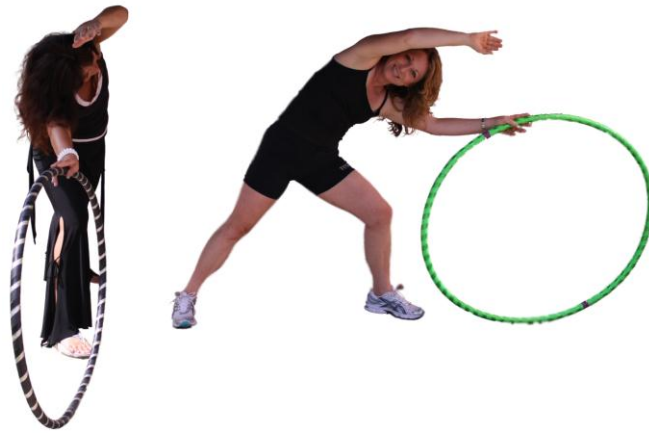
At the end of the workshop you will feel confident to create and deliver fun and inspiring hoop exercise programmes.



Testimonials

'The most enjoyable part of the course? All of it! The most useful part of the course? I feel prepared now to go out and offer safe and effective courses to my personal training clients. Personally I found gaining experience of the off body hooping the most useful – how to do it myself and how to teach it to beginners. Please email me with other workshop dates. Thanks for everything.' Laura

'I've enjoyed the whole day. Good pace and good range of moves and hoops used. However, due to my current lack of experience working in fitness, I feel I need to do the next course in October as well. In the meantime, shall be putting into practice what I have learned this time. See you again soon!' Vicky



- **Group Courses in Leeds & Hertfordshire throughout the year
£85.00**
- **One-to-One sessions available throughout the year in Leeds or
Hertfordshire
£120.00**
- **Online Learning
SPECIAL OFFER £85.00**

