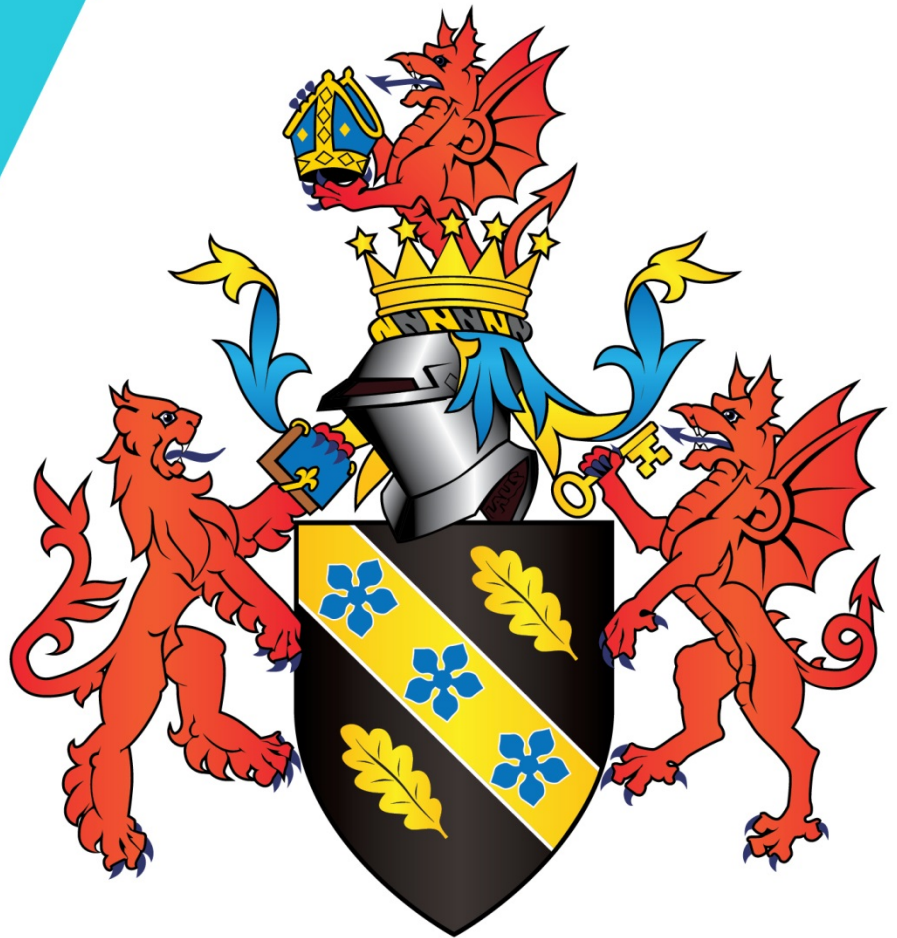




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**Llyfr Log Adfyfyriol yn dilyn Hyfforddiant neu Cwrs  
(Llwybr Dat. Proff. Parhaus)**

**Reflective Log Book following Training or Course  
(C.P.D. Pathway)**

|                                                                                                                                                                                             |                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <p><b><u>Enw Myfyriwr / Student Name</u></b></p>                                                                                                                                            | <p><b><u>Enw Lleoliad - Hyfforddaint / Name of Location / CPD</u></b></p> |
| <p><b><u>Beth ydy Prif Nod Lleoliad - Hyfforddiant / Main Aim of the Location / CPD (1)</u></b></p>                                                                                         |                                                                           |
| <p><b><u>Beth ydy Prif Amcanion y Lleoliad – Hyfforddiant / Main Objectives of the Location / CPD (3/4)</u></b></p> <p>(See business plan / school development plans / company webpage)</p> |                                                                           |



## Hyfforddiant neu cwrs / Training or course

Dyddiad / au'r hyfforddiant neu'r cwrs / Date/s of training or course .....

### CYN DECHRAU / BEFORE STARTING

|                                                                                                             |  |
|-------------------------------------------------------------------------------------------------------------|--|
| <p>Planning and Preparation<br/>Where? &amp; What?</p> <p>Cynllunio a<br/>Pharatoi<br/>Ble? A Beth?</p>     |  |
| <p>Overview of tasks<br/>during the training</p> <p>Trosolwg o<br/>dasgiau yn ystod<br/>yr hyfforddiant</p> |  |

### AR ôl HYFFORDDIANT neu'r CWRS / after TRAINING or COURSE

|                                                                                                                                                                                                                                                                                                                                           |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p><b>Myfrio personol</b><br/>A oedd targedau'n addas ac<br/>wedi cyrraedd neu wedi<br/>llwyr cyrraedd?<br/>Arsylwadau eraill<br/>Cynnydd tuag at llwyddo<br/>targedau.</p> <p><b>Personal reflection</b><br/>Were appropriate goals set,<br/>met or exceeded?<br/>Further observations<br/>Progress made towards<br/>achieving goals</p> |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|



Barn yn ystod y profiad – nodwch yn ôl yr angen. **Bydd y nodiadau yma'n eich helpu wrth gwblhau eich ail asesiad traethawd yn myfyrio ar yr holl brofiad o'r hyfforddiant.** Medrwch recordio eich myfyrdodau trwy ysgrifennu hwy yma neu wrth recordio ar ffurf recordiad audio neu ffilm.

**Medrwch ystyried pethau fel**

- (i) math o hyfforddiant chi wedi bod yn rhan ohono?
- (ii) beth oedd eich teimladau wrth gymryd rhan yn y gwaith hynny?
- (iii) pa sgiliau defnyddioch?
- (iv) byddech chi'n teimlo petai neud eto byddech chi'n cwblhau'n well petai hyfforddiant ar ryw agwedd penodol? (hyder ac ansawdd)
- (v) sut medrwch chi sicrhau cynnydd yn y sgil neu'r dealltwriath yn y maes hynny er mwyn sicrhau bod chi'n medru ymdopi'n well tro nesaf?

Thoughts from/ during experience – note these as and when. **These will assist you with second assessment reflective essay based on the training.** You could record your reflections by writing them here or by recording them on an audio file or video.

**You could consider such matter as the following**

- (i) the type of training you've been a part of
- (ii) how did you feel when you were taking part in these tasks?
- (iii) what skills did you use?
- (iv) do you think if you completed the task again having some training in a particular aspect of the task would ensure you'd complete better? (confidence & quality)
- (v) how can you ensure increase in the skill o'r better understanding in the field / aspect / skill so that you will do better next time?



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**Gweithgareddau i'r dyfodol / Future Actions**

**Sylwadau Clo / Argymhellion (pwyntiau dysgu allweddol)**

**Concluding Comments / Recommendations (key learning points)**

**Rhestrwch dogfenau defnyddiwyd tra ar yr hyfforddiant / cwrs**

Polisiau / Dogfenau Arweiniol defnyddiwyd tra ar yr hyfforddiant

**List documents used / referred to during the training / course**

Policies / Guidance documents used during the training / course



### **Atodiadau**

**Gall rhain cynnwys lluniau o'r lleoliad / am y cwrs**

**Lluniau neu deiagramau o'r safle - lleoliad**

**Tystysgrifau neu datganiadau / adroddiad / sylwadau cymeriad wedi rhoi i chi  
ar ddiwedd yr hyfforddiant / cwrs oddi wrth tiwtor / prif hyfforddwr y cwrs /  
rheolwr llinell**

### **Appendices**

**These could be photos from training / placement.**

**Drawings or diagrams of site - location**

**Certificates or statements / report / character reference given to you by a tutor  
/ lead trainer / line manager at end of training / course.**



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PCYDDDS / UWTSD

Disgyblaeth Chwaraeon  
a Byw'n Iach

Discipline of Sport and  
Healthy Living