





ABOUT EDUCATE FITNESS

EDUCATE FITNESS is the country's fastest growing and leading provider of health and fitness industry qualifications.

Educate Fitness provides high quality training and excellent value. Offering face-to-face/blended courses and distance learning courses.

Train with Educate Fitness to qualify as a Gym Instructor, Personal Trainer, Sports Masseuse and many more health and fitness roles.

With over 20 years total health and fitness industry experience, our tutors are the best in the industry.



CIMSPA
ENDORSED





ACCREDITATIONS AND CERTIFICATIONS

All of Educate Fitness qualifications are recognised by REPS and CIMSPA. REPS and CIMSPA are internationally recognised, meaning your qualification travels with you (Ask us which countries in which you can work).

REPS was developed to protect the public from trainers who do not hold appropriate qualifications and to provide assurance and confidence to the public and employers that all professionals on the register are appropriately qualified with the knowledge, competence and skills to perform their role effectively.

WHO ARE INNOVATE AWARDING?

Innovate Awarding is a national awarding organisation regulated by Ofqual, which certifies courses in the health and fitness industry. Their qualifications are well known in the industry and seen as a benchmark for quality.

WHO ARE CIMSPA?

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) is the professional development body for the UK's sport and physical activity sector, committed to supporting, developing and enabling professionals and organisations to succeed and, as a result, inspire the nation to become more active.

WHO ARE REPS?

The Register of Exercise Professionals (REPS) was launched in 2002 and is the largest independent public register for the Health and Fitness Industry in the UK, recognising the qualifications and expertise of health-enhancing exercise instructors across the four home nations.

CIMSPA provide professional recognition of health and fitness industry qualifications, it is a registered UK charity and holds a royal charter.

WE WILL NOT BE BEATEN ON **PRICE**

We know that the quality of our courses is the best in the market and we don't want you to miss out just because someone is offering you a cheaper deal.

Therefore we promise to match any of our competitors' prices, for courses that are either REPS or CIMSPA approved. You can be sure that you are getting the best quality and prices in the industry!

LEVEL 2



CERTIFICATE IN FITNESS INSTRUCTING (DISTANCE)

This internationally recognised course is perfect for anyone who wants to become a fitness instructor or gym instructor. The course exceeds the requirements set by both CIMSPA and REPS. Once complete you will hold the Level 2 Certificate in Fitness Instructing and will be ready to start your career as a fully qualified fitness instructor/gym instructor.

LEARNING OUTCOMES

- Once complete you can start working in a gym as a fitness/gym instructor
- Assessed as coursework and assessment (No exams!)
- No need to attend any physical class or assessments
- Record your assessments and send them to tutors electronically
- Access to a team of experienced tutors
- Learn at your own pace

**MORE INFORMATION
AND PRICES**

COURSE DURATION

You are given 6 months in which to pass the course, but you can complete sooner. On average it takes students anywhere between 3 and 6 months to complete the course.

COURSE CURRICULUM

- Unit 1: Exercise, health and fitness
- Unit 1a: Anatomy and physiology
- Unit 1b: The fundamentals of exercise, health and fitness
- Unit 2: Planning and instructing exercises
- Unit 2a: Health and safety
- Unit 2b: Planning exercises
- Unit 2c: Instructing exercises
- Unit 3: Supporting clients

ENTRY REQUIREMENTS

This is an entry level course, no prior qualification is required

WHAT'S NEXT?

We recommend progressing to the level 3 Diploma in Personal Training

LEVEL 2

CERTIFICATE IN FITNESS INSTRUCTING (FACE TO FACE/BLENDED)

This internationally recognised course is perfect for anyone who wants to become a fitness instructor or gym instructor. The course exceeds the requirements set by both CIMSPA and REPS. Once complete you will hold the Level 2 Certificate in Fitness Instructing and will be ready to start your career as a fully qualified fitness instructor/gym instructor.

LEARNING OUTCOMES

- Once complete you can start working in a gym as a fitness/gym instructor
- Assessed as coursework and assessments (No exams!)
- Classroom course with experienced tutors
- Qualify as a Fitness Instructor in only 4 weeks
- Learn alongside like-minded students

**MORE INFORMATION
AND PRICES**

COURSE DURATION

The course runs for a period of 4 weeks, where you need to attend 2 days per week.

COURSE CURRICULUM

- Unit 1: Exercise, health and fitness
- Unit 1a: Anatomy and physiology
- Unit 1b: The fundamentals of exercise, health and fitness
- Unit 2: Planning and instructing exercises
- Unit 2a: Health and safety
- Unit 2b: Planning exercises
- Unit 2c: Instructing exercises
- Unit 3: Supporting clients

ENTRY REQUIREMENTS

This is an entry level course, no prior qualification is required

WHAT'S NEXT?

We recommend progressing to the level 3 Diploma in Personal Training

LEVEL 3

DIPLOMA IN PERSONAL TRAINING (DISTANCE)

This internationally recognised course is perfect for anyone who has the level 2 fitness instructing qualification and wants progress and become a personal trainer. The course exceeds the requirements set by both CIMSPA and REPS. To enrol in this course, you must already hold the level 2 certificate in fitness instructing. Once complete you will hold the Level 3 certificate in Personal Training.

LEARNING OUTCOMES

- Progress to a fully qualified personal trainer
- Assessed as coursework and assessment (No exams!)
- No need to attend any physical class or assessments
- Record your assessments and send them to tutors electronically
- Access to a team of experienced tutors
- 12 months in which to complete the course

**MORE INFORMATION
AND PRICES**

COURSE DURATION

You are given 12 months in which to pass the course, but you can complete sooner. On average it takes students anywhere between 6 and 10 months to complete the course.

COURSE CURRICULUM

- Unit 1: Anatomy and physiology for personal training
- Unit 1a: The human body
- Unit 1b: Impact of exercise on the body
- Unit 2: Nutrition
- Unit 2a: Nutrition and healthy eating
- Unit 2b: Applying the principles of nutrition to training programmes
- Unit 3: Introduction to personal training
- Unit 3a: Personal training overview

ENTRY REQUIREMENTS

You will need to have the level 2 fitness instructor qualification to enrol.

WHAT'S NEXT?

Now you are a fully qualified personal trainer, we recommend you hone your skills by completing specialist courses.

LEVEL 3

DIPLOMA IN PERSONAL TRAINING (FACE TO FACE/BLENDED)

This internationally recognised course is perfect for anyone who has the level 2 fitness instructing qualification and wants progress and become a personal trainer. The course exceeds the requirements set by both CIMSPA and REPS. To enrol in this course, you must already hold the level 2 certificate in fitness instructing. Once complete you will hold the Level 3 certificate in Personal Training.

LEARNING OUTCOMES

- Progress to a fully qualified personal trainer
- Assessed as coursework and assessment (No exams!)
- Classroom course with experienced tutors
- Qualify as a Fitness Instructor in only 4 weeks
- Learn alongside like-minded students

**MORE INFORMATION
AND PRICES**

COURSE DURATION

The course runs for a period of 4 weeks, where you need to attend 2 days per week.

COURSE CURRICULUM

- Unit 1: Anatomy and physiology for personal training
- Unit 1a: The human body
- Unit 1b: Impact of exercise on the body
- Unit 2: Nutrition
- Unit 2a: Nutrition and healthy eating
- Unit 2b: Applying the principles of nutrition to training programmes
- Unit 3: Introduction to personal training
- Unit 3a: Personal training overview

ENTRY REQUIREMENTS

You will need to have the level 2 fitness instructor qualification to enrol.

WHAT'S NEXT?

Now you are a fully qualified personal trainer, we recommend you hone your skills by completing specialist courses.

**CIMSPA**
ENDORSED**LEVEL 3****DIPLOMA IN FITNESS INSTRUCTING & PERSONAL TRAINING (DISTANCE)**

This internationally recognised course is perfect for anyone who wants to become a personal trainer. The course exceeds the requirements set by both CIMSPA and REPS. There are 2 levels of education covered in this course, it includes the level 2 certificate in fitness instructing and the level 3 certificate in personal training. Once complete you will hold the Level 3 Diploma in Fitness Instructing and Personal Training, and will be ready to start your career as a fully qualified personal trainer.

LEARNING OUTCOMES

- 2 qualifications in 1 course
- Assessed as coursework and assessment (No exams!)
- No need to attend any physical class or assessments
- Record your assessments and send them to tutors electronically
- Access to a team of experienced tutors
- Learn at your own pace
- 12 months in which to pass the course
- Most students pass in between 6 and 10 months... but can be quicker

**MORE INFORMATION
AND PRICES****COURSE DURATION**

You are given 12 months in which to pass the course, but you can complete sooner. On average it takes students anywhere between 6 and 10 months to complete the course.

COURSE CURRICULUM

- Level 2
 - Exercise, health and fitness; Planning and instructing exercises; Supporting clients
- Level 3
 - Anatomy and physiology for personal training; Unit 2: Nutrition; Introduction to personal training

ENTRY REQUIREMENTS

This is an entry level course, no prior qualification is required.

WHAT'S NEXT?

Now you are a fully qualified personal trainer, we recommend you hone your skills by completing specialist courses.



LEVEL 3

DIPLOMA IN FITNESS INSTRUCTING & PERSONAL TRAINING (FACE TO FACE)

This internationally recognised course is perfect for anyone who wants to become a personal trainer. The course exceeds the requirements set by both CIMSPA and REPS. There are 2 levels of education covered in this course, it includes the level 2 certificate in fitness instructing and the level 3 certificate in personal training. Once complete you will hold the Level 3 Diploma in Fitness Instructing and Personal Training, and will be ready to start your career as a fully qualified personal trainer.

LEARNING OUTCOMES

- 2 qualifications in 1 course
- Assessed as coursework and assessment (No exams!)
- Benefit from attending our classes with experienced and qualified tutors
- Qualify as a Personal Trainer in only 8 weeks
- Learn alongside like-minded students
- Entry level course as you will start by learning level 2 first
- Quickest way to qualify

**MORE INFORMATION
AND PRICES**

COURSE DURATION

The course runs for a period of 4 weeks, where you need to attend 2 days per week.

COURSE CURRICULUM

- Level 2
 - Exercise, health and fitness; Planning and instructing exercises; Supporting clients
- Level 3
 - Anatomy and physiology for personal training; Unit 2: Nutrition; Introduction to personal training

ENTRY REQUIREMENTS

This is an entry level course, no prior qualification is required.

WHAT'S NEXT?

Now you are a fully qualified personal trainer, we recommend you hone your skills by completing specialist courses.

AFTER COURSE SUPPORT – WE’LL HELP YOU GET A JOB

PERFECTING YOUR CV

Once you have completed your course and are qualified, we’ll start by helping you create your perfect CV. We’ll help you make sure it contains the information that recruiters need to see, to give you the best chance of securing your dream role.

ARRANGING INTERVIEWS

Educate Fitness has excellent relationships and partnerships with the largest gyms in the UK, making it easier for us to get you in front of potential employers.

We have our own job website section on our website and have partnered with Indeed.com, meaning at any time we have thousands of health and fitness industry jobs live.

EDUCATE FITNESS ALUMNI

One of the biggest benefits of studying through Education Fitness, is that you become part of the Educate Fitness Alumni.

You will be invited to closed Educate Fitness social media groups, where you can share ideas, ask questions and connect with other health and fitness professionals.



START YOUR PERSONAL TRAINER CAREER WITH EDUCATE FITNESS

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