

PERSONAL TRAINER

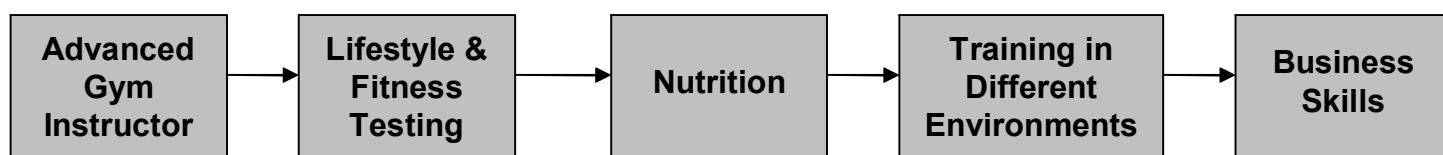
A fantastic opportunity to move into the fastest growing area of fitness!



Most Health clubs and Fitness centres employ Personal Trainers or you may want to set up your own business. This qualification gives you a CYQ level 3 (REPs recognised) award as well as Fitness Wales certification.



What do I have to do? You first need to gain a Level 2 Exercise and Fitness qualification (or equivalent) or a working knowledge of Gym Instruction. You then you need to complete the 5 Personal Training modules, which are:



Each of these modules is a CYQ level 3 qualification in its own right; collectively they lead to the CYQ level 3 Personal Trainer Award.

How long does it take? The modules can be completed in any order and you can choose whether to take your time and get one under your belt say every six months, or try and complete them as quickly as possible.

Fitness Wales is the Governing Body for Exercise and Fitness and has a reputation for running high quality courses that have a strong practical bias.

Fitness Wales was the first training provider in Wales to have a REPs training provider license.

Modules are run once or twice a year, according to demand generally in Cardiff. For more information and an application form contact Fitness Wales details overleaf.

What our customers say...

"Lots of good ideas, motivating and refreshing to train outdoors and in different environments"

"Very informative and professional. Pros and cons of business life presented in a friendly way, with lots of attention to detail"

"Really practical ideas to use in lots of settings. The tutor had a great personality and lots of tips and advice. Plenty of practical during the course. A great motivational tool"

"Intense, educational, informative and friendly. Essential to complement a healthy lifestyle. Really adaptable ideas for your clients"

PERSONAL TRAINER COURSE

What the modules cover

The Advanced Instructor

The Advanced Instructor course includes the Programme Design Module which will give loads of practical ideas for: cardio vascular and strength programmes : look at periodisation : advanced training techniques : load prediction and power training. The Advanced Instructor also covers the underpinning physiology concepts of kinesiology, and how to apply it. (Instructors who have already passed the Programme Design Module will only need to attend three of the six day course).

Client Lifestyle and Fitness Testing

Three day course. Why do we need to Test Clients? : When testing is useful : What type of tests should we use? : How to perform a range of valid and reliable Tests : How to accurately interpret the results.

Nutrition and Weight Management

Two day course. Food and its function : Fluid Intakes : Guidelines for healthy eating patterns : Referrals – when, how and to whom : Changing eating habits.

Training in Different Environments

Two day course. It covers training clients at home and outdoors and it includes ideas for using small portable equipment. Students who completed The Programme Design Module prior to 2007 do not have to complete this module.

Business Skills

Developing your business : Identifying the market : Attracting the customers : Designing business plans : Client Care and Retention. Flexible learning at your own pace at home.

ILA Funding

If you live in Wales, you may qualify for financial help towards this course in the form of an Individual Learning Account.

If you do not have qualifications higher than GCSE, NVQ2 or BTEC first certificate, you may be eligible for up to £100 towards the cost of the course.

If you or your partner are claiming any INCOME RELATED BENEFITS you could be eligible for up to £200 each year.

For more information on ILA Funding contact Learn Direct on Tel:- 0800 100 900.

If you are applying for an ILA please note that FUNDING MUST BE IN PLACE BEFORE YOU PAY ANY MONEY to Fitness Wales.

If your funding is approved you will receive an ILA training voucher which you should send to Fitness Wales along with your details. When your voucher has been processed by Fitness Wales you will receive a second letter from ILA Wales. At this stage your funding is secure and you can book onto the course.

Should you need any clarification, help or advice regarding the above procedure please do not hesitate to contact Fitness Wales. Tel: 029 2057 5155