

Course Pack



01524 389616 | 07725482701 | www.TrainTogether.co.uk
TRAIN TOGETHER FITNESS | LANCASTER, LA1 4XQ



CONTENTS

ABOUT US	2
LEVEL 2 GYM INSTRUCTOR QUALIFICATION	3 - 4
LEVEL 3 PERSONAL TRAINING QUALIFICATION	5 - 7
UPCOMING DATES AND PRICE LIST	8
CONTACT US	9
SIGN UP FORM	10





ABOUT US

Our trainer courses are designed for people like you: somebody who wants a career in the fitness industry. Where better to start? We can help you to achieve all the relevant qualifications and experience required to kick-start your fitness career in the best possible way.

We are proud to offer you a different training experience. At Train Together we give you the opportunity to contact and meet with your course tutor at any point to go through course material (and not just over the phone like other training providers!) Better yet, we give you the opportunity to work alongside us in our own fitness studio and gain invaluable experience to enhance your CV and increase your chances of being noticed by potential future employers.

Our courses tutors have heaps of experience - all of which have worked in and owned their own fitness studio or gym! They know exactly what is needed to be a fantastic fitness professional and exactly how to get you there. Our trainer courses are blended learning, meaning you can learn both in our studio and in the comfort of your own home! All courses are taught over weekends (Saturday-Sunday) and you can be fully qualified in as little as 12 weeks. Being a local provider, you can enjoy the added bonus of not having to travel to Manchester and beyond for assessments and exam days. No overnight stops or tiring motorway journeys after a day of studying hard (plus, we will save you some travel money!)





Level 2 Gym Instructor



As a qualified Gym Instructor it is your job to kick-start a change in somebody's health and wellbeing. You will be an ambassador for your club and, more often than not, you will be the first impression for a new client. You are given the opportunity to share your passion for health and fitness with others, and help clients achieve the results that they deserve.

As a Gym Instructor you will have many responsibilities: from setting client programmes to demonstrating safe and effective exercise techniques. At Train Together we know what it takes to become one of the best Gym Instructors in your field, and exactly how to get you there. Alongside learning with very experienced tutors, we give you the opportunity to gain practical invaluable experience at our fitness studio - a critical requirement to give you the best start as a qualified Gym Instructor.

FAQs

What will I learn?

This Gym Instructor Course includes 6 Units:

- Anatomy and Physiology for Exercise
- Health, Safety and Welfare in a Fitness Environment
- Principles of Exercise, Fitness and Health
- Know how to support clients who take part in exercise and physical activity
- Planning Gym-based exercise
- Instructing Gym-based exercise

Am I right for this course?

This course is aimed at anyone looking to start a career working within a health and fitness facility. This may be a hotel, sports club, small gymnasium or large sports centre. You may be just leaving education and looking for your first job or perhaps you have been involved in fitness for a long time and have decided that working within the industry is for you. As well as being a client's "instructor" you will become a mentor and motivator for those days when training seems too much like hard work. If you are determined to follow a healthy lifestyle and want to encourage others to follow, too, then this award is for you. The Gym Instructor award is only the beginning of your career. If you wish to become a Level 3 Personal Trainer you can incorporate this training with your Level 2 Gym Instructor qualification at a greatly reduced price.

How is it delivered and how long will it take?

The Gym Instructor course consists of 6 days tuition, spread over 3 weekends, Saturday and Sunday 9am to 5pm. The weekends are 4 weeks apart so you have the option of attending the gym for practice and advice. If this is not possible you will have been given contact numbers and emails for the tutors who will return your call within 12 hours. The course contents will be covered during your 6 days tuition but you will be expected to have worked through the manuals before attendance.

Are there any examinations or assessments?

There are 2 multiple choice examinations. You will also be continuously assessed on practical elements during the course with a final practical assessment on the last day.

Is this a recognised course?

Yes, the award is accredited and recognised as a Central YMCA Qualification (CYQ). You will also be able to register with REP's at Level 2 and gain 20 CPD points.

Do I receive a Certificate if successful?

Yes, you will be issued with a Level 2 Fitness Instructing - Gym Based Exercise Certificate.

Are there any pre-requisites?

The only mandatory criteria we set is that you must be aged 16 or over at commencement of the course. You will find it beneficial to have a reasonable level of fitness and to have good written and communication skills due to the nature of the assessments and examinations.



Level 3



Personal Trainer

Becoming a Personal Trainer is the natural next step in your fitness career. Perhaps you want to work with clients individually, take on more responsibility at a fitness studio or even start up your own business. Our Level 3 Personal Trainer qualification is the ideal course to help you fulfil your dream. At Train Together our tutors are extremely experienced; they have all worked in small and large gyms, as solo Personal Trainers, Boot Camp owners and now own their own Fitness Studio. As a Personal Trainer you will have a huge influence on everybody you work with - you are no longer just a fitness instructor, you are a coach, mentor and friend. With advanced knowledge and skills comes clients who trust you as an expert. It is your job to guide individuals through their daily nutritional needs and provide them with an effective and manageable fitness regime.

FAQs

What will I need to learn to become a Personal Trainer?

The Level 3 Personal Trainer qualification has 7 Units, 3 of which you will have passed on your Level 2 course. The Units you will need to achieve to gain the qualification are:

- Anatomy and Physiology for exercise and health
- Applying the principles of nutrition to a physical activity programme
- Programming personal training with clients
- Delivering personal training sessions

Am I right for this course?

If you have passed a Level 2 Certificate in Fitness Instructing in Gym based activity, or an equivalent, then the Personal Trainer qualification is the logical next step to pursue a career in the fitness industry. You will need to be a motivated and motivating individual because you will be working with people who really need your help. They may be lacking knowledge or just the will to make the change that will save their lives - dramatic but true! Sometimes people will stop or not follow your advice. You need to be able to look past these setbacks and focus them on the best way forward. Coach, mentor, friend - all wrapped up in a Personal Training package. If that sounds like a great way to make your living then, yes, this course is for you!

Are there any pre-requisites or Recognition of Prior Learning (RPL)?

You must hold a relevant Level 2 qualification like the Certificate in Fitness Instructing - Gym Based Exercise. This can be combined with your Level 3 course and will be completed before commencing the specific Personal Training Units.

How is it delivered and how long will it take?

This course will be run and assessed over 4 weekends, Saturday and Sunday. The hours of training will be 9am to 5pm on each day. The weekends will be 4 weeks apart so the qualification will take a minimum of 12 weeks to complete. You will receive your manuals in advance and be expected to have worked through the relevant units before attending each weekend. If you or your tutor feels you need longer to prepare then the assessment and exam dates can be delayed. The maximum period we envisage you will need is 4 months in total.

Are there any examinations or assessments?

The examinations are:

- Anatomy and Physiology for exercise and health - 40 multiple choice questions with a pass mark of 70% (28 correct answers). 60 minutes.
- Applying the principles of nutrition to a physical activity programme - 30 multiple choice questions with a pass mark of 70% (21 correct answers). 45 minutes.
- You will also need to complete a set of knowledge questions and a formal Nutrition Case Study.
- There is also a set of knowledge questions for the Programming Personal Training with Clients Unit.
- You will be assessed on delivering a personal training session and completing a personal training programme, including all relevant paperwork.

Is this a recognised course?

Yes, this is a CYQ accredited course and will enable you to register with REP's at Level 3 and obtain 20 CPD points.

Do I receive a Certificate if successful?

Yes, you will receive a CYQ Level 3 Certificate in Personal Training.





Upcoming Dates and Price List

	Course Dates		
Course	Session 1	Session 2	Session 3
Gym Instructor	18 th - 19 th April	TBC	TBC
Personal Trainer	25 th - 26 th April	TBC	TBC

Course	Price £
Level 2 Certificate in Fitness Instructing - Gym Based	£525
Level 3 Personal Trainer Qualification	£1,425
Joint Gym Instructor and Personal Trainer Qualification	£1,750

Sign Up Form

To enrol on one of our courses, please complete the following details and return to us either by email at info@traintogether.co.uk or to our studio: Train Together Functional Fitness, Harper's Mill, White Cross Business Park, Lancaster, LA1 4XQ

*COURSE REQUESTED (please tick appropriately):	<input type="checkbox"/> Level 2 Gym Instructor <input type="checkbox"/> Level 2 Circuit Instructor <input type="checkbox"/> Level 3 Personal Trainer
*Name (first name and surname):	
*Gender (please circle appropriately):	M / F
*Date of Birth: / /
*Address:	
*Postcode:	
*Telephone Number:	
*Email Address:	
*Previous relevant experience and qualifications:	
Comment:	

Please note, all fields marked with * are required for enrolment.



10