



## Personal Fitness Trainer Course



Upon completion of this course students can apply for membership of the society for Holistic Therapies and coaches.

Use the letters "SHTC" after your name



- 10% off at Ben Sherman
- 15% off at Bench
- 15% off at Firetrap
- 10% off at JJB Sports
- 10% off at La Senza
- 10% off at Selfridges
- 40% off at Nicky Clarke Hair Salons
- 10% off at Oasis
- 25% off the student price at Odeon Cinemas
- £2.00 per hour off with BSM driving school

Student of the year competition:



Opportunity to be nominated for our student of the year competition

"Studying from home helped me tremendously. Working long hours makes this method of learning Ideal"

Devon Samson  
(Southampton, Hampshire)

"Now I know exactly what's required to become a personal trainer. I'm glad I took the plunge"

Freddie Palmer  
(Melton Mowbray, Leics)

"The potential once I'm fully qualified is massive. I can't wait to complete"

Demi Keen  
(Bromsgrove, Worcs)

# Achieve a better career with a Personal Fitness Trainer Course

**Personal Fitness Trainer course:** This course is designed to enable the fitness instructor and coach develop their skills in providing a dedicated one-to-one service for health and fitness clients.

By reviewing and then expanding their knowledge, therapists will be expected to assess the wants and needs of their clients, test present fitness levels and design programmes which are tailored to each individual. Evaluation, re-testing and progression will form an integral part of the course. Providing a comprehensive service, the therapist will be a motivator, nutrition advisor, lifestyle consultant and instructor.

## Personal Fitness Trainer Course Level: 3

ncfe Investing in Quality





## Personal Fitness Trainer Course

### Personal Fitness Trainer Course Information

#### Course Duration & Fees

All students have one year to complete this course from date of registration.

Students are welcome to complete this course as quickly as they want to.

On average this course is completed in **200 hours (9/10 months)**.

Extensions can be arranged if students do not complete within the year and charges will apply.

We would ask you to contact our office on **0800 0131030** for latest extension fees if required.

We recommend that students complete **5-6 hours per week** as a minimum to get the most from this course. Remember to work out a study plan / timetable before you start and try and stick to it.

Hrs per week	Estimated Completion
5 hours	10 Months
6 hours	9 Months
8 Hours	6 Months
10 Hours	5 Months

#### Fees

[See website](#)

#### Syllabus

- Review of anatomy, kinesiology & exercise physiology
- Exercise prescription
- Qualities of the personal fitness trainer
- The benefits of having a personal trainer
- Psychology of fitness & the client
- Writing training programmes
- Physical fitness
- Motivational techniques
- Motor fitness
- Sport-related fitness
- Sales & marketing
- Remedial fitness
- Contracts with the client
- Sports injuries & rehabilitation
- Business plans
- One-to-one training
- Client care
- Appraisal, screening, testing & evaluation of health & fitness

## Why UK Open College?

- Learn from home
- Affordable – Pay monthly
- All materials provided!
- Unlimited support!
- No previous qualifications required!
- No set term times – Enrol anytime!
- Total flexibility