

# PRO SPEC TUS

The word 'PROSPEC TUS' is formed by nine photographs of people in a gym setting. The letters are large, bold, black with white outlines. The images show various fitness activities: a man in a blue shirt, a woman in a grey top, a person in a grey top and pink pants, a person's legs in pink shoes, a barbell on a mat, and a person's legs in grey pants.



NORFOLK  
HEALTH + FITNESS

2024-2025

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# ABOUT US

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Norfolk Health and Fitness, is a leading health and fitness industry training provider. We have tutors who have built a first class reputation in delivering quality vocational personal trainer education since 2017 and have some of the strongest sports scientists and industry experts helping shape our syllabuses and training delivery.

Dedicated to training and developing individuals within the sector; from school leavers and people changing careers, to professional fitness and sports people looking to develop their skills, Norfolk Health and Fitness has courses to suit everyone.

All qualifications will be nationally accredited through Active IQ and are fully recognised by employers and the Register of Exercise Professionals (REPs). Courses will be delivered through face-to-face workshops, distance learning styles and eLearning platforms allowing students to access podcasts, webinars and video lectures.

What's more, our graduates are preferred by the leading employers within the fitness industry, meaning your future is in safe hands when you choose to train and progress with Norfolk Health and Fitness.

Contact us If you would like to find out how we could help you launch your career in health and fitness.



## IT'S A START OF A NEW WAY OF LIFE

I never looked back from the incredible journey I've undergone within the fitness industry.

Starting out as a Lifeguard and a Gym Instructor at the age of 17 in a corporate health club in Norwich, I quickly progressed to working as a freelance personal trainer and group exercise class instructor.

I later decided to work as a self-employed freelance personal trainer across various gyms in Norwich.

It wasn't until 2010 I got my first opportunity to start teaching fitness courses. After graduating at Anglia Ruskin in Cambridge, I went on to work as a teacher for further education and a sport scientist for professional football clubs such as Peterborough United and Norwich City F.C.

After working in Dubai delivering fitness courses I quickly identified the need for quality fitness education and training in Norfolk and the UAE region. That's when I decided to create Norfolk Health & Fitness as a way of providing affordable access to quality fitness qualifications.

Working in partnership with Active IQ and a team of the most talented, experienced and passionate tutors, we are able to successfully certify students from various backgrounds and learning requirements!

We've now personally qualified over 400 personal trainers in the UK and Dubai.

You never know where your personal training career may take you.

**Kevin Mantle**  
*Managing Director*

A handwritten signature in black ink that reads "K Mantle".

# TUTORS



**Kevin Mantle**  
*Managing Director  
Tutor & Assessor*



**Ian Rickett**  
*Tutor & Assessor*



**Joshua Forster**  
*Software Developer*



**Damion Vincent**  
*Tutor & Assessor*

# COURSES



This is your 'Career in the Fitness Industry' Starter. Most popular course we deliver is the 'Level 2 + 3 Diploma in Gym Instructing and Personal Training' combined!

## Level 2 Certificate in Gym Instructing

This Level 2 qualification aims to provide learners with the knowledge and skills to be able to plan, deliver and supervise safe and effective exercise programmes within a gym or health club environment.

*Course duration: 6 months.*

**'Distance' Online Price - £595**  
Click the button below to open Active IQ Course Specification and Entry Requirements



## Level 3 Diploma in Personal Training

This level 3 qualification will further develop learners, who have existing knowledge and skills in gym instruction, to enable them to pursue a career in personal training.

*Course duration: 6 months.*

**'Distance' Online Price - £695**  
Click the button below to open Active IQ Course Specification and Entry Requirements

## Level 2 + 3 Diploma Combined

The definitive Personal Trainer course. Combines Level 2 Certificate in Gym Instructing and Level 3 Diploma in Personal Training. This will equip you with all of the skills and qualifications needed to establish yourself as a Personal Trainer.

*Course duration: 1 year.*

**'Distance' Online Price - £1200**  
For this course we offer further packages that includes additional help during the course. See more information on page 7.



# STUDY OPTIONS

Our 'Level 2+3 Diploma in Gym Instructing and Personal Training' combined packages are designed to suit everyone. Whether you're a confident student who can study without extra tutoring, or someone that needs guidance throughout to achieve full potential; you'll find the right package suiting your needs.



## E-Learning

### Distance

Level 2+3 Diploma in Gym Instructing and Personal Training

**£1200**

- E-Learning Platform
- 12 Months Access
- Free Exam Retake
- Use of Our Gym



### Expert Tuition



### Workshops

### Gym Access



### 1 to 1 Support



### Links To Employers



### After Care

### ESSENTIAL

Level 2+3 Diploma in Gym Instructing and Personal Training

**£1500**

- E-Learning Platform
- 12 Months Access
- Attend 10 Workshops
- 10 Support Sessions
- Free Exam Retake
- Use of Our Gym

### EXTRA

Level 2+3 Diploma in Gym Instructing and Personal Training

**£1800**

- E-Learning Platform
- 12 Months Access
- Attend 20 Workshops
- 20 Support Sessions
- Free Exam Retake
- Use of Our Gym
- Mentorship

\*Pay in full or pick one of our interest free monthly payment plans. For more information, please visit our website: [norfolkhealthandfitness.com/start-your-career/](http://norfolkhealthandfitness.com/start-your-career/).

# ADDITIONAL COURSES

Qualifications below are Continuous Development courses that can help you stand out in the Fitness Industry. *Entry Requirement\**



## ADVANCED PERSONAL TRAINING

This Level 4 Certificate provides learners with the enhanced knowledge and skills to fully understand their clients, utilise an evidence-based approach to programming and develop a successful and sustainable personal training business.

*Course duration: 6 months.*

**Course Price: £795**



*Minimum entry requirement is Level 3 Diploma in Personal Training\**



## EXERCISE REFERRAL

Level 3 Diploma is designed to provide learners with the knowledge to ensure safe and effective exercise programming for patients with a number of medical conditions and common reasons for referral onto a community-based exercise referral scheme.

*Course duration: 6 months.*

**Course Price: £640**



*Minimum entry requirement is Level 2 Certificate in Gym Instructing/Group Training\**



## MENTAL HEALTH AWARENESS

The purpose of this Level 2 Award is to provide learners with an understanding and awareness of mental health, common mental health disorders and issues, help reduce stigma and discrimination and encourage people to talk about mental health. Furthermore, the qualification should provide learners with the ability to offer mental health first aid to people experiencing mental ill health.

*Course duration: 6 months.*

**Course Price: £250**



*There are no specific entry requirements\**



## INSTRUCTING GROUP TRAINING

The aim of this Level 2 qualification is to provide learners with the knowledge and skills needed to be able to plan, deliver and supervise safe and effective group training sessions.

*Course duration: 6 months.*

**Course Price: £640**



*Minimum entry requirements are basic skills in communication\**

## INSTRUCTING PRE AND POST-NATAL CLIENTS

The purpose of this Level 3 Award is to provide learners with the knowledge and skills needed to be able to programme safe and effective exercise for both pre and postnatal clients, taking into account the physiological and biomechanical changes associated with pregnancy and the key health and safety considerations for pre and postnatal clients taking part in physical activity.

*Course duration: 6 months.*

**Course Price: £350**



*Minimum entry requirement is Level 2 Certificate in Gym Instructing/Group Training\* 🎓*

## INSTRUCTING KETTLEBELLS

This Level 2 Award course will provide instructors and PTs with the knowledge and skills to perform and teach a huge variety of effective exercises using a kettlebell, whilst also understanding and practicing safe training.

*Course duration: 1 day.*

**Course Price: £180**



## INSTRUCTING STUDIO CYCLING

This Level 2 Award will give you the skills to teach a group cycle class.

This is a 1 and half day certification run across selected Norwich venues and you will be practically assessed towards the end of the day on two elements; cycle set up, sizing and safety preparations.

*Course duration: 1 day.*

**Course Price: £180**



*Minimum entry requirement is Level 2 Certificate in Gym Instructing/Group Training\* 🎓*

## DESIGNING EXERCISE PROGRAMMES FOR DISABLED CLIENTS

This Level 3 Award will provide learners with the knowledge and skills to be able to design and adapt programmes to meet the needs of disabled people.

*Course duration: 6 months.*

**Course Price: £350**



*Minimum entry requirement is Level 2 Certificate in Gym Instructing\* 🎓*



## STRENGTH AND CONDITIONING

This Level 4 Certificate enhances PTs knowledge and skills to be able to plan, prepare, deliver and review strength and conditioning programmes that will help athletes to achieve their performance goals.

During the qualification learners will cover the following:

- The role of a strength and conditioning coach as part of an athlete's support team.
- Methods of carrying out performance-related needs analysis, measurements and assessments.
- Strategies to analyse and evaluate assessment findings in order to be able to develop and agree short-, medium- and long-term performance goals.
- Planning, delivering and evaluating periodised, performance-related strength and conditioning programmes.

*Course duration: 6 months.*

**Course Price: £1250**



*Minimum entry requirement is Level 3 Diploma in Personal Training/Coaching or Strength and Conditioning qualification\**



## CERTIFICATE IN NUTRITION FOR WEIGHT MANAGEMENT AND ATHLETIC PERFORMANCE

The Level 4 Certificate in Nutrition for Weight Management and Athletic

Performance qualification will provide the learner with the skills, knowledge and competence to provide nutritional support to clients with a range of weight management and athletic performance goals.

*Course duration: 6 months.*

**Course Price: £795**



# GYM

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How would you feel about taking a trip to the hairdresser to get your hair cut, knowing that the hairdresser had never actually cut hair before? Or would you be happy to employ a builder to build your house when they had never laid a brick before?

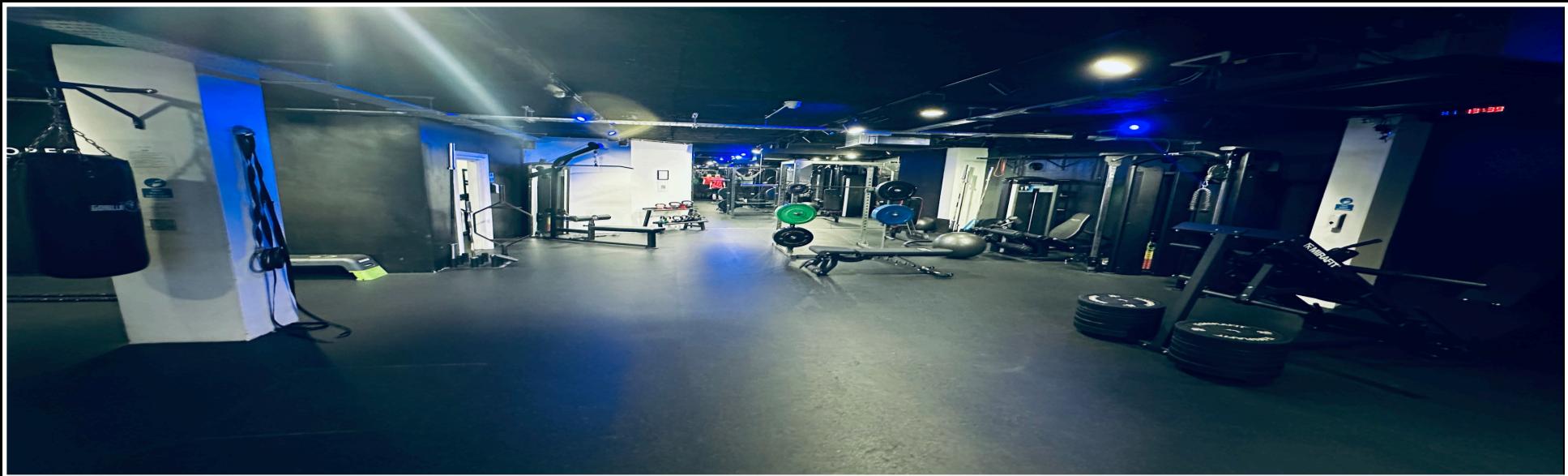
Our gym will give you opportunity to practise at a real gym with experienced Personal Trainers where you can refine your practical skills and knowledge you've learnt from the course.

Fitness professionals need to be provided with the skills required to engage and communicate with the diverse range of clients they deal with, in addition to being able to adapt exercise programmes appropriately and provide the correct guidance and support. But while these skills can be learned in a number of different ways, it is the practical application of these skills which is key.

We deliver all our courses via workshops, webinars, online platforms, e-learning and one to one support sessions in person\*. This is designed to engage and excite our learners, and it is crucial that we are able to offer this diverse range of options to appeal to all learning styles and ages.



\*Practical Workshops and One to One Support provided on Essential and Extra packages



## GYM LOCATION

Our gym is situated on the basement level of Norfolk Health & Fitness office at The Union Building.



@nhfgym



@nhf\_gym

## GYM EQUIPMENT

- Treadmill
- Leg Extension
  - Rower
  - Leg Press
- Cable Machine
- 2 Squat Racks
- Punch Bag
- Lat Pull-Down
- Kettlebell Rack
  - Dumbbells
- Spinning/Air Bikes
- Functional equipment

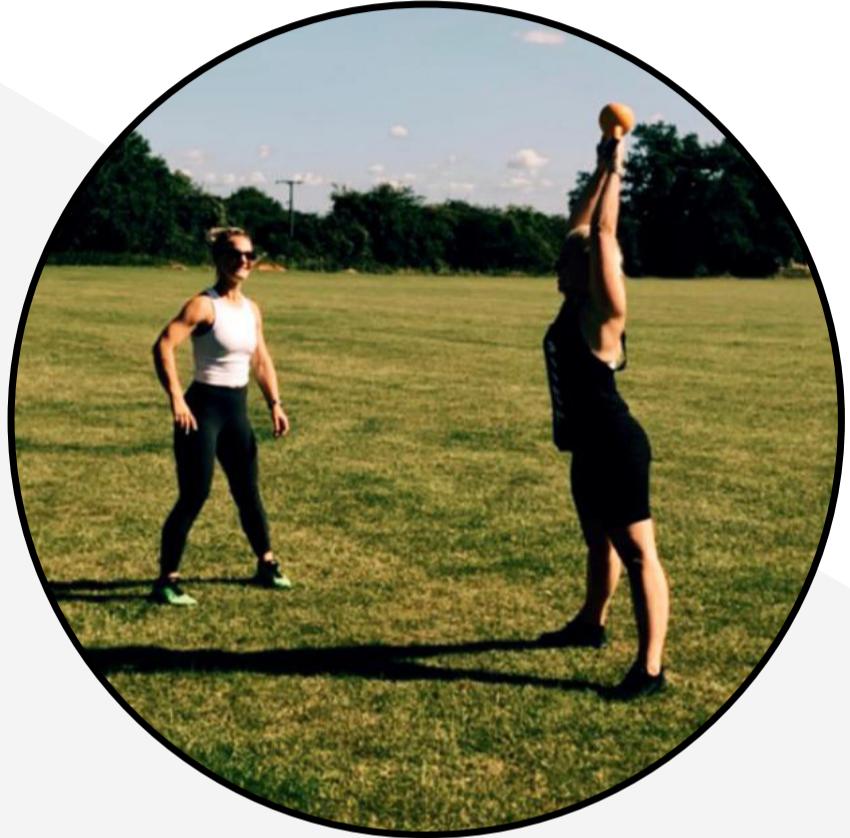


# SUCCESS STORIES

## Holly Davison

I left my job in busy central London, for a big change: to offer positive personal training, helping women improve their fitness, strength and confidence. I built a private gym at home, gained L2 & L3 certifications at Norfolk Health & Fitness and my latest qualification in coaching pre + postnatal clients. I'm also completing teacher training, supporting others to work in fitness.

Covid-19 has seen me running my personal training online, outdoors and within my gym. I run a diverse range of my own online-classes and outdoor bootcamps, keeping me connected with my community – so close to my heart as a personal trainer.



## Mark Larwood

Since beginning my fitness career by studying with Norfolk Heath & Fitness in early 2019, I've been able to use what I've learned to get a steady foothold in the industry and be able to push on from there. Starting out at a commercial gym I soon built up confidence, and on top of the knowledge gained from my qualification I progressed to my dream of setting up a fully independent run coaching business where I live.

## Dan Hinds

I completed level 3 in personal training while working full time. It was hard work but very Kevin and his team made it manageable. I had to be driven and was determined to make a positive change for my future.

I also did a few other qualifications such as studio cycling, Kettlebells and Exercise Referral. After six months I took on a full time position at Wymondham leisure centre working for South Norfolk District Council.

Now I have been qualified just over two years. I am working full time in the fitness industry and doing a wide range of roles and aspire to keep progressing in this field.



## Naiomi Levack-Payne

I studied my Diploma in Personal Training with Norfolk Health & Fitness in the summer of 2019.

Since qualifying, I have been able to build a successful career as an online coach and one to one personal trainer. This year I will be taking my next step by studying a masters in Strength & Conditioning. Taking my diploma with Norfolk Health & Fitness was the gateway to pursuing my goal of working with professional athletes and I can't thank them enough.

# Graduates employed in



Nuffield  
Health



PUREGYM



## Qualifications recognised by



## Our awarding body

**Active iQ**

Active IQ is an awarding organisation recognised and regulated by Ofqual within the Active Leisure sector. These certifications act as a benchmark for quality and credibility both for those employing our graduates and also for those wishing to join the industry. For more information, see the Active IQ website.

# WE ARE PARTNERS WITH

## About 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 our nation to become more active.

Together we're developing a vibrant, UK-wide sport and physical activity sector, with the highest standards of service delivery.



### Employer Partner

CIMSPA Employer Partners are part of CIMSPA's sector wide engagement involving over 500 Awarding Organisation Partners, Training Provider Partners and Higher Education Partners.

The UK's sport and physical activity employers represent the "real world" expertise of the knowledge, skills and behaviour required by employees to successfully undertake roles within our sector, and it is this expertise CIMSPA is seeking from employers.

As an employer partner your organisation will participate as industry experts working alongside our awarding organisations, training providers and education partners to develop the professional standards which now underpin the professionalism of the sport and physical activity sector.



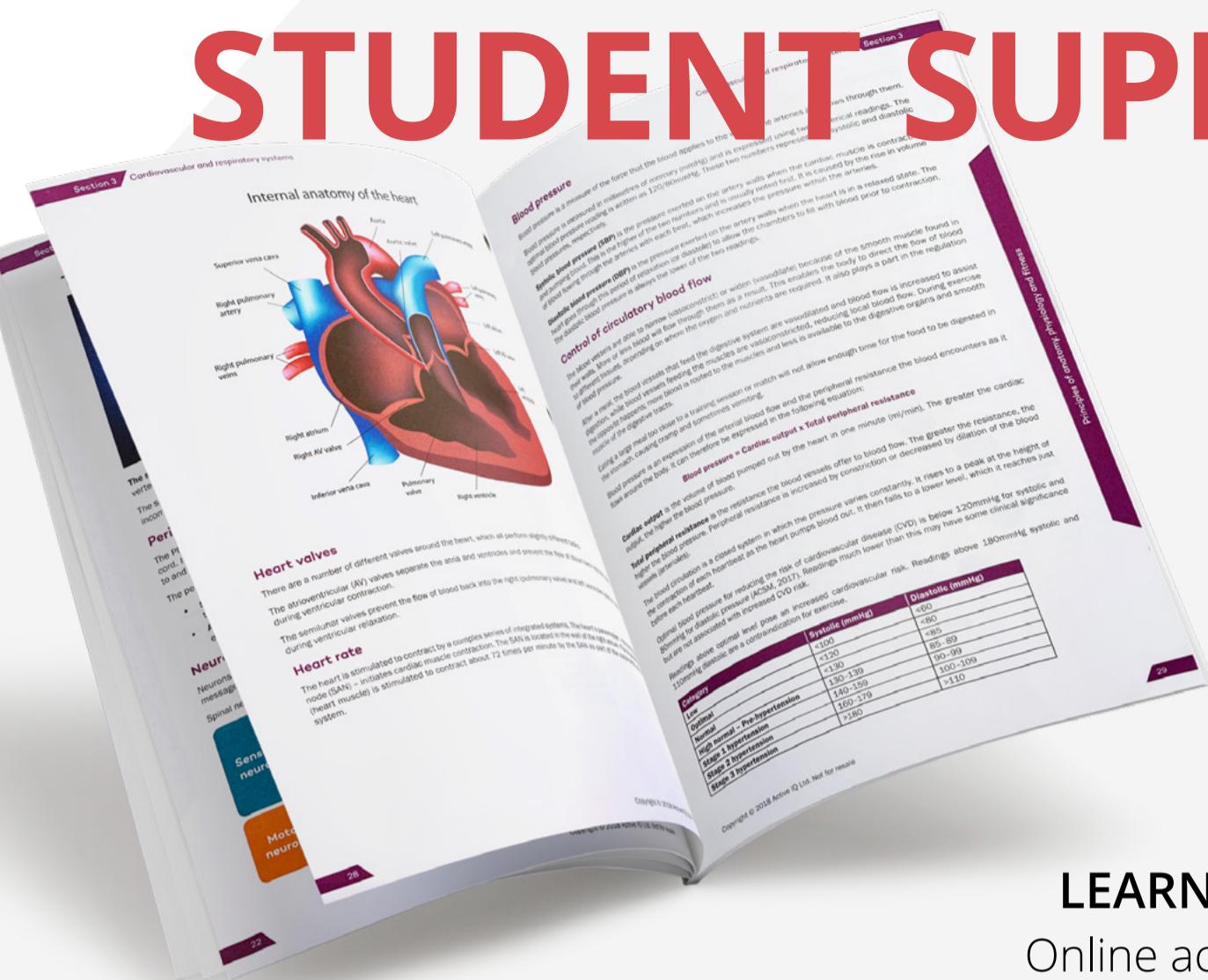
### Training Provider Partner

CIMSPA Training Provider Partners are part of CIMSPA's sector wide engagement involving over 500 Employer Partners, Awarding Organisation Partners and Higher Education Partners.

A CIMSPA training provider partnership gives providers an opportunity to have their education and training reviewed against professional standards in the sport, fitness, leisure, and physical activity sector.

With a growing number of employers committing to only using CIMSPA recognised training, this provides a powerful 'stamp of approval' for both the partner organisation and their training offer.

# STUDENT SUPPORT

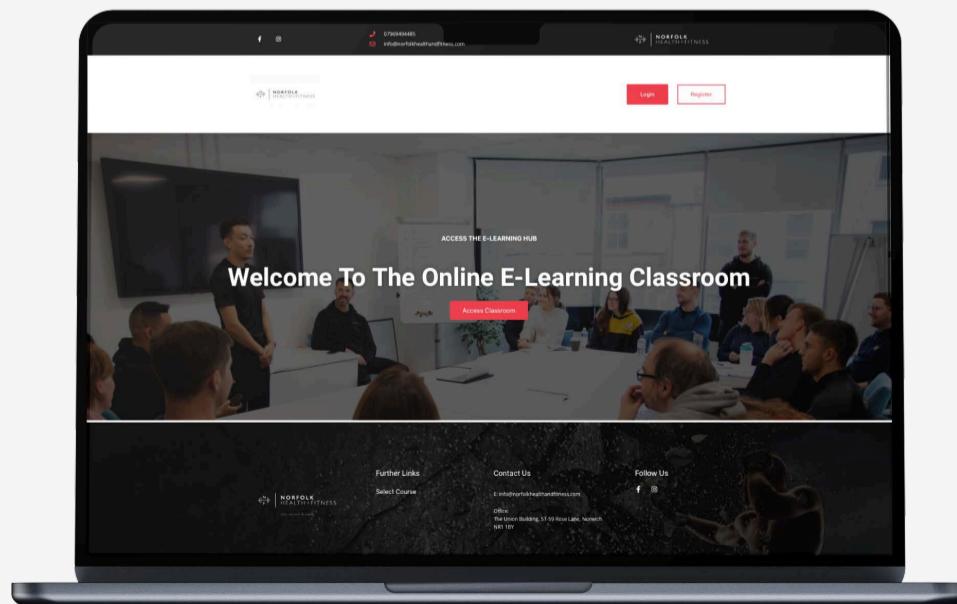


## EMAIL SUPPORT

When questions arise, you can email your tutor who will be happy to answer all your questions. We will also give you a call to see how you're progressing.

## LEARNING MATERIALS

Online access to all our study materials and videos. Physical paper manual also provided.



If you choose ESSENTIAL or EXTRA package, you'll be able to take advantage of below:

## 1 TO 1 SUPPORT

Support from your tutor during the course that can be delivered:

- In the office
- On the phone
- By video chat

## WORKSHOPS

Attend practical workshops on selected Saturdays which will be run at our gym. You'll have full tutor guidance and support throughout.

## AFTER-COURSE SUPPORT

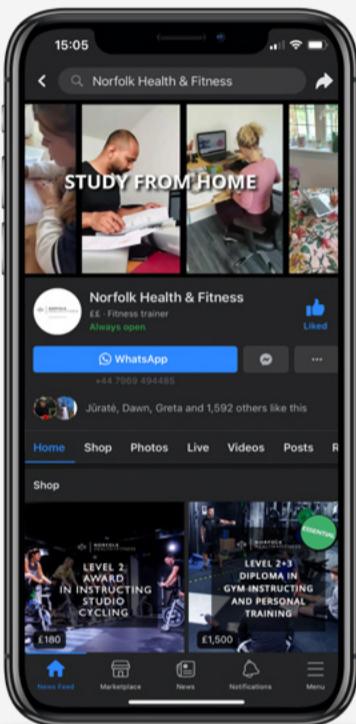
Once you've qualified, you may need help with your next steps and we want to be there if you need us:

- Career Preparation
  - Advice
  - Mentorship
  - Business Plan
- Links to Employers



# CONTACT US

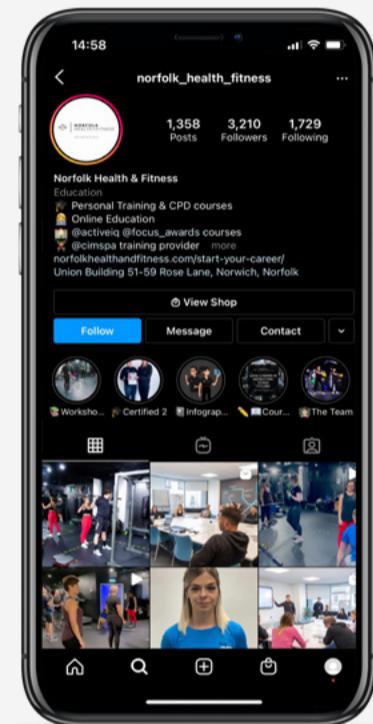
Get in contact with us. There are no set times for enrolment on any of our courses (except the 1-day additional courses that have a set workshop day) so you can start with us at any time. For enrolment we will need you to fill in an Enrolment form and a PAR-Q form. Proof of ID will be needed.



## SOCIAL MEDIA

@norfolkhealthandfitness

@norfolkhealthandfitness



## CONTACT DETAILS



07969494485



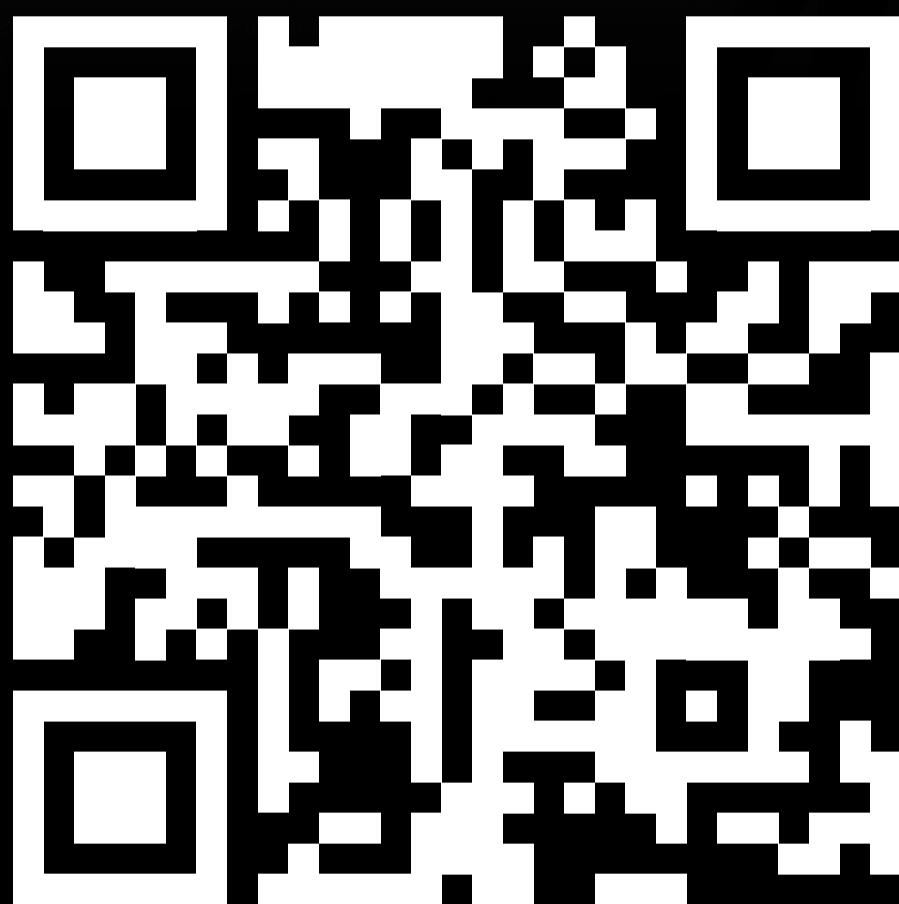
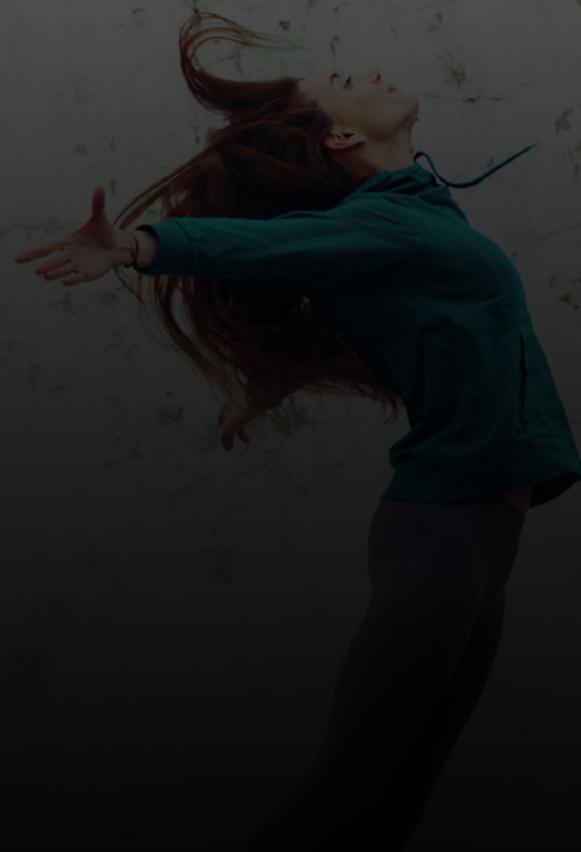
[info@norfolkhealthandfitness.com](mailto:info@norfolkhealthandfitness.com)

[www.norfolkhealthandfitness.com](http://www.norfolkhealthandfitness.com)



Norfolk Health & Fitness,  
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United Kingdom

A Leading Provider  
For Personal  
Training And  
Continuous  
Learning Courses  
In Norwich



Your new  
career in  
fitness  
starts here