

be a better you™



www.beabetteryou.tv





The only training provider  
to offer so much...just join  
in and see for yourself...

- A dedicated **JOBS** section so you can post your CV and find work
- Latest health and fitness **NEWS**
- **BeFit Community** - a network to meet friends and get reward points
- Online Fitness **TV SHOW** (coming soon)
- Exercise **VIDEO** Library
- Online **LEARNING**



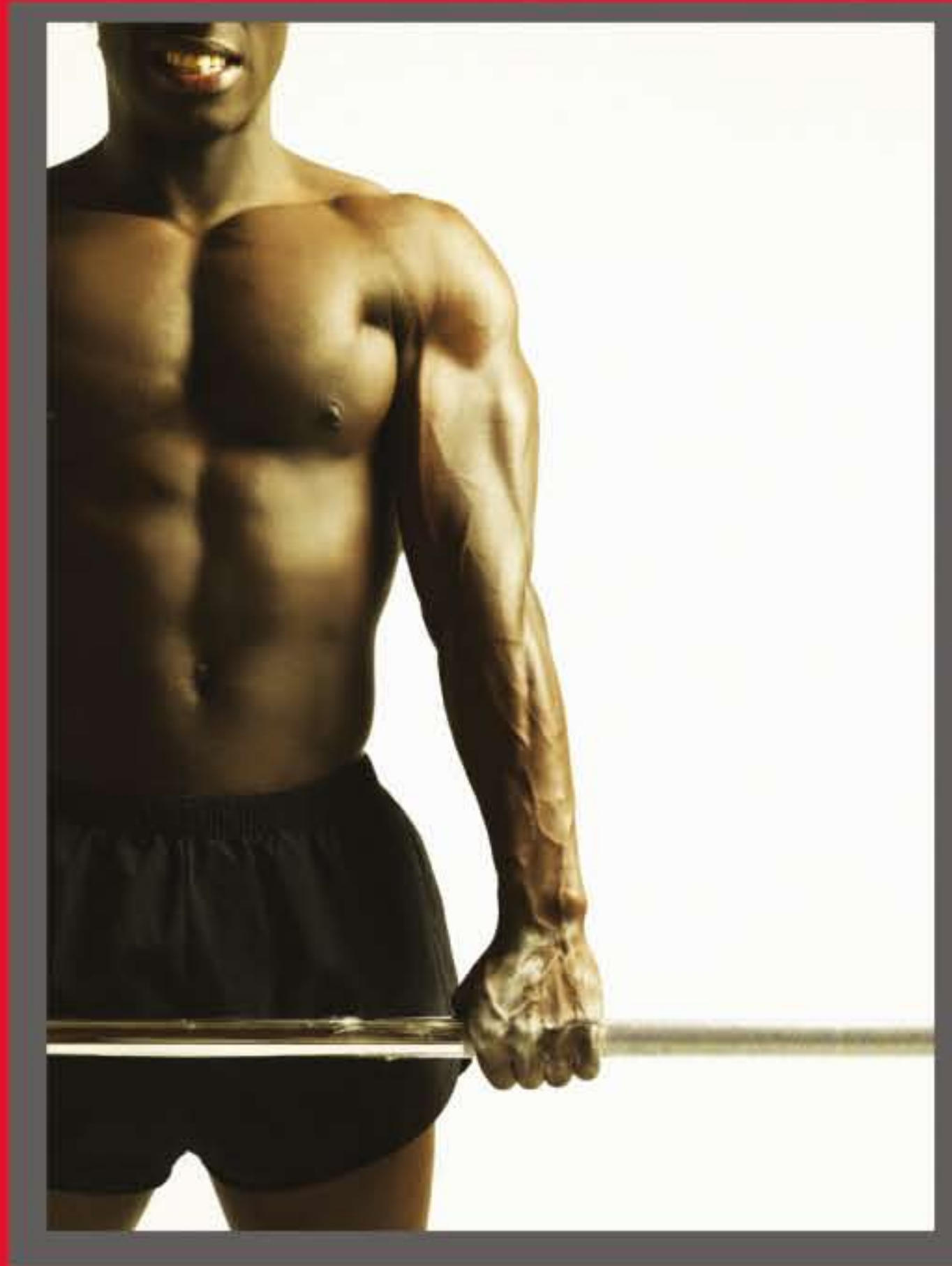
be a better you™

training

Become a...

**LEVEL 2**

**FITNESS INSTRUCTOR**



Fitness Courses | Fitness Community | Fitness News | Exercise Videos

[www.beabetteryou.tv](http://www.beabetteryou.tv)

# Level 2 Certificate in Fitness Instructing

## Active IQ Level 2 Certificate in Fitness Instructing



You can study by DISTANCE LEARNING or a combination of DISTANCE LEARNING and FACE TO FACE (Blended Learning). With Distance Learning you can start and finish the course when you're ready, wherever you live. With Blended Learning you will spend **6 intensive practical training** days at one of our top quality **Training Centres**. You get to train alongside a small and dedicated group of learners with an experienced Personal Trainer Tutor to build your required knowledge and skills.

The 6 intensive training days are spread over **3 weeks**, so you can complete the course very quickly and get yourself a great job in fitness.

### Level 2 Fitness Instructor mandatory units:

- Unit 1 - Anatomy and physiology for exercise
- Unit 2 - Know how to support clients who take part in exercise and physical activity
- Unit 3 - Health, safety and welfare in a fitness environment
- Unit 4 - Principles of exercise, fitness and health

### Optional pathways (you choose your speciality):

- 1 - Gym-based (you can then work in a gym, leisure centre or health club)
- 2 - Exercise to Music (you can then get your LES MILLS™ and ZUMBA® licences to teach a wider variety of group aerobics classes)
- 3 - Exercise and Physical Activity for Children

### Assessments:

- Multiple Choice Examination
- Portfolio of Evidence
- Practical Demonstration

## BOOK ON A COURSE

**By Telephone:** 0207 749 2812

**Online:** [www.beabetteryou.tv](http://www.beabetteryou.tv)



be a better you™  
training



be a better you™

training

Become a...

# LEVEL 3

## PERSONAL TRAINER



Fitness Courses | Fitness Community | Fitness News | Exercise Videos

[www.beabetteryou.tv](http://www.beabetteryou.tv)

# Level 3 Certificate in Personal Training

Active IQ Level 3 Certificate in Personal Training  
(Or choose the **Elite Personal Trainer Diploma**)



This is a **course for Level 2 Fitness Instructors** who seek a career in Personal Training to increase their knowledge and earning potential.

You can study by DISTANCE LEARNING or a combination of DISTANCE LEARNING and FACE TO FACE (Blended Learning). With Distance Learning you can start and finish the course when you're ready, wherever you live. With Blended Learning you will spend **8 intensive practical training** days at one of our top quality **Training Centres**. You get to train alongside a small and dedicated group of learners with an experienced Personal Trainer Tutor to build your advanced knowledge and skills.

The 8 intensive training days are spread over **4 weeks**, OR **14 days** spread over **7 weeks** including the **Level 2 Fitness Instructor** qualification.

## Level 3 Personal Trainer Units:

- Unit 1 - Anatomy and physiology for health and exercise
- Unit 2 - Applying the principles of nutrition to a physical activity programme
- Unit 3 - Programming personal training with clients
- Unit 4 - Delivering personal training sessions

## Entry Requirements:

- Must hold a Level 2 in Gym Instructing or equivalent (unless you are doing the Full PT course)
- Adults (aged 18+) wishing to pursue a career as a Personal Trainer

## Assessments:

- Multiple Choice Examination
- Portfolio of Evidence
- Practical Demonstration

# BOOK ON A COURSE

By Telephone: 0207 749 2812

Online: [www.beabetteryou.tv](http://www.beabetteryou.tv)



be a better you™  
training



be a better you™

training

Become a...

# KETTLEBELLS INSTRUCTOR



Fitness Courses | Fitness Community | Fitness News | Exercise Videos

[www.beabetteryou.tv](http://www.beabetteryou.tv)

# CPD - Kettlebells Instructor

Be A Better You™ **Level 1 Kettlebells Instructor**



This is an **intensive 1 day practical CPD course**, designed for Level 2 Instructors and Level 3 Trainers enabling you to offer your clients a **Kettlebells** workout and exercise programme.

## TRAINING DAY

Introduction to kettlebells  
Energy Systems  
Getting started  
Warm up  
Main Exercises  
Programming  
Progressions

## KETTLEBELLS EXERCISES

Swing  
Tornado  
Figure 8's  
Clean and press  
Windmill  
Get up  
Woodchopper lunge  
Russian twists  
Press  
Single arm high pull  
Snatch



## Entry Requirements:

- Must hold at least a REPS Level 2 in Gym or Exercise to Music qualification
- The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary

## Assessments:

- Direct observation of teaching and demonstration skills
- Assessment of theory knowledge by multiple choice paper

# BOOK ON A COURSE

By Telephone: 0207 749 2812

Online: [www.beabetteryou.tv](http://www.beabetteryou.tv)



be a better you™

training



be a better you™

training

Become a....

# MUAY THAI FITNESS TRAINER



Fitness Courses | Fitness Community | Fitness News | Exercise Videos

[www.beabetteryou.tv](http://www.beabetteryou.tv)

# CPD - Muay Thai Fitness Trainer

Be A Better You™ Level 1 Muay Thai Fitness Trainer



This is an **intensive 2 day practical CPD course**, designed for Level 2 Instructors and Level 3 Trainers enabling you to offer your clients a unique Muay Thai fitness experience.

## DAY 1

History of Muay Thai and modern day relevance  
Physiology of Muay Thai  
Warm up exercises and hand wrapping  
Stance, movement and Punching techniques  
Elbow techniques  
Progressions in elbow and punching



## DAY 2

Holding pads  
Knee and kick techniques  
Progressions  
Total body combinations  
Planning and Teaching skills



## Entry Requirements:

- Must hold at least a REPS Level 2 in Gym or Exercise to Music qualification
- The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary

## Assessments:

- Direct observation of teaching and demonstration skills
- Assessment of theory knowledge by multiple choice paper

# BOOK ON A COURSE


**By Telephone:** 0207 749 2812
















**Online:** [www.beabetteryou.tv](http://www.beabetteryou.tv)



# CPD - Courses and Workshops

Be A Better You™ has a wide range of courses and workshops available to fitness professionals wanting Continuing Professional Development. These include\*:

 Practical CPD  Online CPD

-   Muay Thai Fitness Trainer
-   Kettlebells Instructor
-   Core Stability Trainer
-   Indoor Group Cycling Instructor
-   Vibration Plate Trainer
-   Web design and SEO for the Fitness Professional
-   Business and Marketing for the Fitness Professional
-   Cholesterol and Diabetes Testing Protocol



\*Current list at time of printing. A larger selection is coming soon!

You can expand your knowledge even further with these courses:



Level 2 Award in Adapting Fitness Instruction for Adolescents (Gym-based / Group Exercise)

Level 3 Exercise Referral (GP Referral)

## BOOK ON A COURSE

By Telephone: 0207 749 2812  
Online: [www.beabetteryou.tv](http://www.beabetteryou.tv)



# be a better you™

THE ONLY WEBSITE  
YOU'LL EVER NEED  
FOR YOUR HEALTH  
AND FITNESS NEEDS

Join the BeFit  
community  
and earn reward  
points just for  
being active on  
the site. Use those  
points to get  
FREE REPS  
approved CPD  
courses and  
discounts on other  
stuff. JOIN NOW!

[www.beabetteryou.tv](http://www.beabetteryou.tv)

0207 749 2812



active



SkillsActive  
More People, Better Skilled, Better Qualified