



Course information




*for illustration purposes only


	<p>Elite Personal Trainer leading to the Active IQ Level 3 Certificate in Personal Training</p>
<p>Who is this course suitable for?</p>	<p>Gym instructors wishing to pursue a career in the health and fitness sector as personal trainers. Individuals who have energy and enthusiasm, and would like a change in career, wishing to become self-employed, running their own personal training business. Or someone who wants to work as an In-House Personal Trainer like some companies such as Esporta has.</p>
<p>What are the entry requirements?</p>	<p>Full Elite Personal Trainer (with Fitness Professional and First Aid): Some gym experience is highly recommended. Elite Personal Trainer (with First Aid): Must hold Level 2 in Gym or Exercise to Music qualification. Elite Personal Trainer (without First Aid): Must hold a Level 2 in Gym or Exercise to Music qualification. You will need a First Aid qualification soon after graduating in order to train clients and work in a gym. The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary. There is an element of communication (discussing, presenting, reading and writing) and application of number involved, and candidates should have basic skills in communication and application of number pitched at Levels 3 and 2 respectively. There is also an element of learning online involving the use of a PC and the Internet; therefore you should have a good understanding of Information, and Communication Technology.</p>



What will I learn?	<p>You will learn to develop your skills and knowledge to pursue a career in Personal Training.</p> <p>You will complete six units: Unit 1 Health, Fitness and Lifestyle Analysis Unit 2 Advanced Exercise and Fitness Knowledge Unit 3 Advanced Resistance Training Unit 4 Advanced Cardiovascular Training Unit 5 Nutrition and Weight Management Advice Unit 6 Plan, Market and Sell Personal Training Services</p>
What could I do afterwards?	<p>Progress to NVQ Level 3 in Instructing Physical Activity and Exercise. Qualifications in related sectors, like GP Exercise Specialist, Sports Massage, and Fitness Management</p>

Full Elite Personal trainer =  +  + **NUCOtraining** *

Elite Personal Trainer (with First Aid) =  + **NUCOtraining** *

Elite Personal Trainer (without First Aid) = 

* (HSE Approved 1 day First Aid for the Appointed Person)

Important notes:

There is a maximum of 12 places per qualification, so book early to get the combination of dates that suits you best!



THE CITY POINT CLUB

