

# *Intensive* **Personal Training** *Diploma*

Perfect for those who are serious about a career that really works out, the intensive programme will see you qualify as a REP-accredited PT in just 6 weeks.

100% face-to-face tuition gives you first-class training from the experts, but the Lifetime Personal Training Diploma doesn't stop there. Join us again, a month after qualifying, to benefit from our exclusive workshops sharing knowledge on how to market your PT business.

So for the first step into a successful future, choose Lifetime. We'll equip you with all the tools you need to become an outstanding Personal Trainer, and the business skills to create a lasting career.

Just like a PT programme, this course is for focused, passionate people who are willing to put in the hard work required. Qualifying in 6 weeks – and not just passing the test, but becoming an excellent PT with a good head for

business – doesn't come easily. Be prepared for full days in the classroom or gym, plus homework at evenings and weekends.

6 weeks later and you'll qualify with absolute confidence in your new role, ongoing support from our expert team, and even a guaranteed interview to take you to the next step. Your fitness career starts here.



For more information call

**0870 120 1207**

[lifetimetraining.co.uk/fitness-courses](http://lifetimetraining.co.uk/fitness-courses)



## Who is it for?

Our PT Diploma courses have proved ideal for a range of candidates. You might be:

- ✔ Looking to start a career in fitness and want to get started right away
- ✔ A sports science or sports studies graduate who needs a fitness qualification
- ✔ Ex-forces personnel looking to transfer skills into a fitness career
- ✔ A sports coach, PE teacher or physiotherapist looking for additional skills and qualifications

## You'll get:

- ✔ A Qualifications and Credits Framework (QCF) recognised Diploma
- ✔ REP-accreditation (Level 3) as soon as you pass the course
- ✔ Unlimited access to your tutor for support
- ✔ The chance to start today with online modules, assessments, webinars and tasks
- ✔ 100% face-to-face learning in both classroom and gym environments
- ✔ Opportunities to further your learning with "Business Planning" seminars – including business, social media and marketing skills
- ✔ Guaranteed interview on completion

## What will it do for me?

The Personal Training Diploma gives you an internationally-recognised qualification enabling you to start practise immediately with your own clients or become employed through a gym.

Lifetime offers the most comprehensive curriculum possible, ensuring you receive excellent training, consistent support and the additional skills and advice you'll need to make your future career successful.

## And you'll finish with:

- ✔ LAO Level 3 Diploma in Personal Training and Business Planning (QCF)
- ✔ LAO Level 2 Certificate in Fitness Instructing (Gym)

## How am I taught and assessed?

You'll enrol in a 6 week, full time, classroom and gym-based course. You will be expected to take on some homework and online study at evenings and weekends. You can ask your tutors for help via phone or email throughout, and there is an option for extra, paid, 1:1 tutorial for additional support.

Assessment is a mixture of workbook completion, one-to-one knowledge reviews, practical and theory assessments plus case studies.

## What's included?

<b>Level 2 Anatomy &amp; Physiology</b>	<b>Level 2 Fitness Instructor</b>	<b>Level 3 Anatomy &amp; Physiology</b>
<ul style="list-style-type: none"> <li>• Structure and function of the body</li> <li>• How this affects exercise programming</li> </ul>	<ul style="list-style-type: none"> <li>• Essential soft skills, people skills and teaching skills</li> <li>• Conducting basic health screens and fitness tests</li> <li>• Planning exercise programmes</li> <li>• Warm ups and cool downs</li> <li>• Cardiovascular training</li> <li>• Resistance training using gym machines, free weights and body weight</li> <li>• Basics of core stability</li> </ul>	<ul style="list-style-type: none"> <li>• Advanced structures and functions of the body</li> <li>• How these affect advanced exercise programming</li> </ul>
<b>Level 3 Personal Trainer</b>	<b>Level 3 Nutrition for Physical Activity</b>	<b>Level 3 Business Planning</b>
<ul style="list-style-type: none"> <li>• Essential soft skills, people skills and teaching skills</li> <li>• Behaviour change and consultation skills</li> <li>• Conducting fitness assessments</li> <li>• Planning advanced exercise programmes</li> <li>• Adapting warm ups and cool downs for different clients</li> <li>• Advanced cardiovascular training methods</li> <li>• Advanced resistance training methods</li> <li>• Advanced flexibility training methods</li> <li>• Core stability using unstable surfaces</li> </ul>	<ul style="list-style-type: none"> <li>• Nutritional components of a diet</li> <li>• Food science</li> <li>• Metabolism and energy balance</li> <li>• Nutrition and health</li> <li>• Psychology of eating</li> <li>• Basic sports nutrition</li> <li>• Using food diaries</li> </ul>	<ul style="list-style-type: none"> <li>• Creating your business vision</li> <li>• Carrying out market research</li> <li>• Getting the right location</li> <li>• Sales and marketing</li> <li>• Legal obligations</li> <li>• Finance</li> <li>• Starting up</li> <li>• Writing your business plan</li> </ul>

## What's the future?

Past students are now running their own successful businesses, or have found reliable employment in large gym chains. Where you go from here is really up to you, but the key thing is that we will equip you to achieve your ambitions.

Education doesn't have to stop here though. Whilst you could continue to successfully offer Personal Training services exclusively, there is also a wide variety of specialisms you could add to your portfolio. They include:

**Ante/Post Natal Specialist**  
**Boot Camp and Circuits**  
**Extreme Kettlebell**  
**Olympic Weightlifting**

Let us help you make this future a reality by calling us on the number below. We'll help enrol you on the course, advise you on payment options and answer any questions you may have.



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