



TRAIN YOUR MIND, BUILD YOUR BODY.™

FITNESS TRAINING PROVIDER

2019 - 2020 EDITION



WILLIAM KAMARA
FOUNDER/DIRECTOR

WELCOME

Here at **Train for Gains Academy**, our mission is to empower our students to succeed in the world of fitness at every level.

We are a fitness training provider that offers a range of health and fitness courses. This enables our students the chance to partake and become accredited in various vocational Levels 1 - 4 courses; ranging from Awards to Certificates and Diplomas to NVQs.



@trainforgainsacademy

COURSES WE PROVIDE

LEVEL 1 COURSES

Active, Health Living (Award)
Health Related Activities (Award)
Lifestyle Management (Award)
Sport & Physical Activity (Cert)

LEVEL 2 COURSES

Fitness Instructing - Gym (Cert)
Fitness Instructing - ETM (Cert)
Group Training (Cert)

LEVEL 3 COURSES

Personal Training (Cert)
Personal Training (Diploma)
Personal Training (NVQ)
Exercise Referral (Diploma)
Nutrition (Award)
Education & Training (Award)
Assessing (Cert)

LEVEL 4 COURSES

Education & Training (Cert)

ORGANISATIONS



AWARDING BODIES



GYMS



and more.

WHO WE WORK WITH

**YOUR SUCCESS
IS OUR GOAL**



LEVEL 1 COURSES

- Active, Health Living (Award)
- Health Related Activities (Award)
- Lifestyle Management (Award)
- Sport & Physical Activity (Cert)

LEVEL 1 AWARD IN ACTIVE, HEALTHY LIVING

Learners will cover:

- Unit 1: How the body works (T/600/2549)
- Unit 2: How to adopt an active, healthy lifestyle (K/600/2547)

Price: £150

Requirements:

This entry level qualification allows students to enrol on this course without any prior or existing qualifications, beginners are welcome. No specific previous experience required either.

Further learning will lead to:

- NVQ/SVQ Level 1 in Sport Recreation and Allied Occupations
- Level 2 Certificate in Fitness Instruction
- NVQ/SVQ Level 2 NVQ Diploma in Instructing Exercise and Fitness
- Level 2 NVQ Certificate in Active Leisure, Learning and Well-being Operational Services

Assessment:

- Coursework/Project
- Portfolio of Evidence
- Practical Demonstration/Assignment/Assessment

LEVEL 1 AWARD IN ASSISTING HEALTH RELATED ACTIVITY SESSIONS

Learners will cover:

- Unit 1: Planning an Activity Session (K/600/2564)
- Unit 2: Assist in Delivering an Activity Session (M/600/2565)

Price: £150

Requirements:

This entry level qualification allows students to enrol on this course without any prior or existing qualifications, beginners are welcome. No specific previous experience required either.

Further learning will lead to:

- Unit C22 Promote safety in the sport and activity environment
- Unit D21 Prepare for a session
- Unit D22 Lead a session

Assessment:

- Coursework/Project
- Portfolio of Evidence

LEVEL 1 AWARD IN LIFESTYLE MANAGEMENT

Learners will cover:

Mandatory Group A

- Unit 1: Lifestyle management (Y/600/4343)
- Unit 2: Developing self (K/502/0469)
- Unit 3: Making the most of leisure time (K/502/0651)

Group B

- Unit 4: Healthy eating (K/502/3355)
- Unit 5: Healthy eating in personal development (A/501/3994)

Price: £150

Requirements:

This entry level qualification allows students to enrol on this course without any prior or existing qualifications, beginners are welcome. No specific previous experience required either.

Further learning will lead to:

- Level 2 Certificate in Fitness Instructing
- Level 2 Certificate in Leading Health Related Activity Sessions
- Level 2 Certificate in Promoting Community Health and Well Being

Assessment:

- Coursework/Project
- Portfolio of Evidence
- Practical Demonstration/Assignment/Assessment

LEVEL 1 CERTIFICATE IN SPORT AND PHYSICAL ACTIVITY

Learners will cover:

- Unit 1: Principles of anatomy and physiology for sport and physical activity (F/616/7780)
- Unit 2: Principles of active, healthy living (J/616/7781)
- Unit 3: Exploring personal health and fitness (L/616/7782)
- Unit 4: Assist in the planning and delivery of a sport or physical activity session (R/616/7783)
- Unit 5: Employability and career opportunities in the active leisure sector (Y/616/7784)
- Unit 6: Applying for an employment opportunity in the active leisure sector (D/616/7785)
- Unit 7: Preparing for an interview (H/616/7786)
- Unit 8: Developing self (K/616/7787)
- Unit 9: Working in active leisure (M/616/7788)

Price: £200

Requirements:

This entry level qualification allows students to enrol on this course without any prior or existing qualifications, beginners are welcome. No specific previous experience required either.

Further learning will lead to:

- Level 2 Certificate in Gym Instructing.
- Level 2 Certificate in Leading Health-Related Activity Sessions.
- Level 2 Certificate in Leisure Operations.
- Apprenticeships within the active leisure sector.

Assessment:

- Coursework/Project
- Portfolio of Evidence
- Practical Demonstration/Assignment/Assessment



LEVEL 2 CERTIFICATE IN FITNESS INSTRUCTING (GYM)

LEVEL 2 COURSES

Fitness Instructing - Gym (Cert)

Fitness Instructing - ETM (Cert)

Group Training (Cert)

Learners will cover:

- Anatomy & physiology for exercise (H/600/9013)
- Health, safety & welfare in a fitness environment (T/600/9016)
- Principle of exercise, fitness and health (A/600/9017)
- Know how to support client who take part in exercise and physical activity (M/600/9015)
- Planning gym-based exercise (F/600/9018)
- Instructing gym-based exercise (A/600/9020)

Price: £550

Requirements:

This entry level qualification allows students to enrol on this course without any prior or existing qualifications, beginners are welcome

- There is an age restriction. you must be at least 16 years of age for this course
- Have a reasonable level of fitness
- Reading, writing and numeracy skills are required
- Have experience of free weights and resistance machine is desirable, but not essential
- Further learning: will lead to Level 3 Certificate in Personal Training

Further Learning will lead to:

- Level 3 Certificate in Personal Training
- Level 3 Diploma in Fitness Instructing & Personal Training

Assessment:

- Home-study workbook
- Practical Assessment: Planning, teaching, evaluating a safe and effective exercise session
- Multiple choice theory paper (optional)

LEVEL 2 CERTIFICATE IN FITNESS INSTRUCTING (ETM)

Learners will cover:

- Anatomy and physiology for exercise (H/600/9013)
- Know how to support clients who take part in exercise and physical activity (M/600/9015)
- Health, safety and welfare in a fitness environment (T/600/9016)
- Principles of exercise, fitness and health (A/600/9017)
- Planning group exercise to music sessions (F/600/9021)
- Instructing group exercise to music sessions (J/600/9022)

Price: £450

Requirements:

This entry level qualification allows students to enrol on this course without any prior or existing qualification, beginners are welcome.

- There is an age restriction, you must be at least 16 years of age for this course.
- Have a reasonable level of fitness.
- Reading, writing and numeracy skills are required.
- Must have experience of participating in ETM classes such as aerobics, hi-lo, dance-style aerobics, combat, pre-choreographed classes taught to music.

Further learning will lead to:

- Level 3 Certificate in Personal Training

Assessment:

- Home-study workbook
- Practical Assessment - Planning, teaching, evaluating a safe and effective exercise session
- Multiple choice theory paper (optional)

LEVEL 2 CERTIFICATE IN GROUP TRAINING

Learners will cover:

- Unit 1: Principles of anatomy, physiology and fitness (A/616/7499)
- Unit 2: Professionalism for group training (D/617/1108)
- Unit 3: Health and safety in a group training environment (H/617/1109)
- Unit 4: Supporting behaviour change and healthy lifestyles (Y/617/1110)

Optional

Learners must complete one of the optional units; learners can complete both units if required.

- Unit 5: Planning and instructing group training sessions (D/617/1111)
- Unit 6: Planning and instructing group training to music sessions (H/617/1112)

Price: £550

Requirements:

This entry level qualification allows students to enrol on this course without any prior or existing qualification, beginners are welcome.

- There is an age restriction, you must be at least 16 years of age for this course.
- Have a reasonable level of fitness or experience of group training classes is highly recommended.
- The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.
- There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.

Further learning will lead to:

- Level 3 Diploma in Gym Instructing and Personal Training.
- Level 3 Diploma in Exercise Referral.
- Level 3 Award in Nutrition for Exercise and Health.

Assessment:

- Home-study workbook
- Coursework/Project
- Portfolio of Evidence
- Practical Demonstration/Assignment/Assessment

TRAIN
YOUR
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BUILD
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LEVEL 3 CERTIFICATE IN PERSONAL TRAINING

LEVEL 3 COURSES

Personal Training (Cert)

Personal Training (Diploma)

Personal Training (NVQ)

Exercise Referral (Diploma)

Nutrition (Award)

Education & Training (Award)

Assessing (Cert)

Learners will cover:

- Know how to support clients who take part in exercise and physical activity (M/600/9015)
- Health, safety and welfare in a fitness environment (T/600/9016)
- Principles of exercise, fitness and health (A/600/9017)
- Anatomy and physiology for exercise and health (A/600/9051)
- Programming personal training with clients (F/600/9052)
- Delivering personal training sessions (J/600/9053)
- Applying the principles of nutrition to a physical program (L/600/9054)

Price: £1400

Requirements:

This entry level qualification allows students to enrol on this course without any prior or existing qualifications, beginners are welcome.

- There is an age restriction. you must be at least 16 years of age for this course.
- Have a reasonable level of fitness.
- Reading, writing and numeracy skills are required.
- Have experience of free weights and resistance machine is desirable, but not essential.

Further learning will lead to:

- Level 3 Diploma in Exercise Referral.
- Level 3 NVQ Diploma in Personal Training.
- Level 3 Sports Massage.

Assessment:

- Home-study workbook
- Practical Assessment - Planning, teaching, evaluating a safe and effective exercise session
- Multiple choice theory paper (optional)

LEVEL 3 DIPLOMA IN FITNESS INSTRUCTING & PERSONAL TRAINING

Learners will cover:

- Principles of exercise and fitness (A/600/9017)
- Instructing gym-based exercise (A/600/9020)
- Anatomy and physiology for exercise (H/600/9013)
- Know how to support clients who take part in exercise and physical activity (M/600/9015)
- Health, safety and welfare in a fitness environment (T/600/9016)
- Anatomy and physiology for exercise and health (A/600/9051)
- Programming personal training with clients (F/600/9052)
- Delivering personal training sessions (J/600/9053)
- Applying the principles of nutrition to a physical activity programs (L/600/9054)
- Planning gym based exercise (F/600/9018)

Price: £1900

Requirements:

This entry level qualification allows students to enrol on this course without any prior or existing qualifications, beginners are welcome.

- There is an age restriction. you must be at least 16 years of age for this course.
- Have a reasonable level of fitness.
- Reading, writing and numeracy skills are required.
- Have experience of free weights and resistance machine is desirable, but not essential.

Further learning will lead to:

- Level 3 Diploma in Exercise Referral
- Level 3 NVQ Diploma in Personal Training.
- BSc Sport Science Degree

Assessment:

- Home-study workbook
- Practical Assessment - planning teaching, evaluating a safe and effective exercise session
- Multiple choice theory paper (optional)

LEVEL 3 NVQ DIPLOMA IN PERSONAL TRAINING

Learners will cover:

- Reflect on and develop own practice in providing exercise and physical activity (F/601/7362)
- Principles of exercise, fitness and health (A/600/9017)
- Promote health, safety and welfare in active leisure and recreation (D/601/4484)
- Anatomy and physiology for exercise and health (A/600/9051)
- Motivate clients to maintain long term adherence to exercise and physical activity (K/601/7758)
- Evaluate exercise and physical activity programs (M/601/7759)
- Design, manage and adapt a personal training program with clients (H/601/7760)
- Deliver exercise and physical activity as part of a personal training program (K/601/7761)
- Apply the principles of nutrition to support client goals as part of an exercise and physical activity program (M/601/7762)
- Plan, market and sell services (T/601/7763)

Price: £2000

Requirements:

There are no formal entry requirements for this qualification. It is highly recommended that potential learners possess competence in anatomy and physiology (Level 2 or equivalent) as well as some experience within the exercise and fitness field or hold a recognised Level 2 Fitness Instructing in (Gym) or (ETM) qualification. It is suitable for those aged 16 and above who want to work as employed or freelance personal trainers.

Further learning will lead to:

- Level 3 Diploma in Exercise Referral
- Level 3 Award in Nutrition for Physical Activity
- BSc Sport Science

Assessment:

- Home-study workbook
- Practical Assessment - planning teaching, evaluating a safe and effective exercise session
- Multiple choice theory paper (optional)

LEVEL 3 DIPLOMA IN EXERCISE REFERRAL

Learners will cover:

- Planning exercise referral programs with patients (D/503/7494)
- Understanding Medical Conditions for Exercise Referral (R/503/7492)
- Professional Practical for Exercise Referral Instructors (Y/503/7493)
- Instructing exercise with referred patients (L/503/7491)
- Anatomy and physiology for exercise and health (A/600/9051)
- Applying the principles of nutrition to a physical activity program (L/600/9054)

Price: £500

Requirements:

Learners must hold either a Level 2 Certificate in Fitness Instructing (Gym/Exercise to Music or Aqua) or equivalent (including qualifications which give entry to the REPs Physical activity Advisor category) or one of the following:

- Level 3 Certificate in Personal Training.
- Level 3 Diploma in Personal Training.
- Level 3 Diploma in Teaching Yoga

Further learning will lead to:

- Level 4 Certificate In Physical Activity and Lifestyle Strategies for Managing Low Back Pain.
- Level 4 Certificate In Physical Activity and Weight Management for Obese and Diabetic Clients.

Assessment:

- Medical condition information sheet
- Home-study workbook
- Multiple choice theory paper (optional)
- Practical Assessment - planning teaching, evaluating a safe and effective exercise session
- Case study and verbal assessment

LEVEL 3 AWARD IN NUTRITION FOR PHYSICAL ACTIVITY

Learners will cover:

- Applying the principles of nutrition to a physical activity program (L/600/9054)
Or
- Nutrition for sport and exercise performance (T/508/4367)

Price: £300

Requirements:

- Learners should hold a Level 2 Certificate in Fitness Instruction (in the context of Fitness Instructing or Exercise to Music).
- If you already possess the Level 2 Nutrition for a Healthy Lifestyle, enrolment will also be considered.

Further learning will lead to:

- Level 3 Award in Conditioning for Exercise and Sports Performance.
- Level 3 Award in Instructing Outdoor Fitness.
- Level 3 Certificate in Personal Training

Assessment:

- Home-study workbook
- Case study - planning teaching, evaluating a safe and effective exercise session.

LEVEL 3 AWARD IN EDUCATION & TRAINING

Learners will cover:

Mandatory Unit

- Understanding roles, responsibilities and relationships in education and training (H/505/0053)

Optional (Group B) units

- Understanding and using inclusive teaching and learning approaches in education and training (D/505/0052)
- Facilitate learning and development for individuals (J/502/9549)
- Facilitate learning and development in groups (F/502/9548)

Optional (Group C) units

- Understanding assessment in education and training (R/505/0050)
- Understanding the principles and practices of assessment (D/601/5313)

Price: £550

Requirements:

This entry level qualification allows students to enrol on this course without any prior or existing qualifications, beginners are welcome.

- There is an age restriction. you must be at least 16 years of age for this course.
- Have a reasonable level of fitness.
- Reading, writing and numeracy skills are required.
- Have experience of free weights and resistance machine is desirable, but not essential.

Further learning will lead to:

- Level 4 Certificate in Education and Training.
- Level 3 Certificate in Assessing Vocational Achievement

Assessment:

- Worksheet/Essays
- Portfolio of evidence
- Micro-Teach (practical demonstration) you will need to teach a session of your choice on the last training day
- Micro – Teach/observation log
- Evaluation and reflective learning

LEVEL 3 CERTIFICATE IN ASSESSING VOCATIONAL ACHIEVEMENT (CAVA)

Learners will cover:

- Understanding the principles and practices of assessment (D/601/5313)
- Assess vocational skills, knowledge and understanding (F/601/5319)
- Assess occupational competence in the work environment (H/601/5314)

Price: £500

Requirements:

This entry level qualification allows students to enrol on this course without any prior or existing qualifications, beginners are welcome.

- There is an age restriction. you must be at least 16 years of age for this course.
- Have a reasonable level of fitness.
- Reading, writing and numeracy skills are required.
- Have experience of free weights and resistance machine is desirable, but not essential.

Further learning will lead to:

- Level 4 Award in Internal Quality Assurance of Assessment Processes and Practices.
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practices.

Assessment:

- Home-study workbook
- Practical Assessment - planning teaching, evaluating a safe and effective exercise session



LEVEL 4 COURSES

Education & Training (Cert)

LEVEL 4 CERTIFICATE IN EDUCATION & TRAINING

Learners will cover:

Mandatory Units

- Understanding roles, responsibilities and relationships in education and training (H/505/0053)
- Planning to meet the needs of learners in education and training (A/505/1189)
- Delivering education and training (M/505/0122)
- Assessing learners in education and training (F/505/0125)
- Using resources for education and training (L/505/0127)

Optional (Group B) units

- 38 optional units (pick 3)

Price: £700

Requirements:

- All trainee teachers joining this qualification program should undertake an initial assessment of skills in English, mathematics and ICT.
- If trainees join the qualification program having already undertaken an initial assessment of their English, mathematics and ICT skills, their record of development needs and any previous action taken to address them should be reviewed and updated as required.

Learners must also hold either:

- L3 Award in Education and Training
- PTLLS course (which has been replaced with L3 Award in Education and Training.)

Further learning will lead to:

- Level 5 Diploma in Education and Training.
- Level 3 Certificate in Assessing Vocational Achievement

Assessment:

- Home-study workbook
- Practical Assessment - planning teaching, evaluating a safe and effective exercise session
- Portfolio of evidence
- Research project for your final unit



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