

**DELIVERING
FITNESS
QUALIFICATIONS**

SINCE 2009



ABOUT US

Next Generation Training has been delivering accredited (REPs and CIMSPA) fitness qualifications for over 9 years since formed in 2009. Our head office is in the heart of Huddersfield, a proud Yorkshire town famous for many things in its past history such as the birth of rugby league, the thrice champions of Huddersfield Town in the 1920's and its rich history of textiles.

Next Generation Training has always maintained its identity of being different to other training providers in our course delivery and respect of our learners with regards to support and customer service. We provide one to one tutoring and mentoring with our fitness courses meaning our learners don't have to fight in overcrowded classrooms or gyms for time with a tutor. We also understand that learners may live busy lives with work and their home life so we ensure that we provide course materials to ensure learners can study at their own pace via home study whilst having support from a tutor when required. Our staff are highly qualified and experienced fitness professionals, even our head of finance is fitness qualified! All of our tutors and assessors are either acting personal trainers or fitness managers meaning they are up-to-date with life in the industry which again can only be of benefit to our learners.

Are you bored in your current job?

Do you like helping people?

**Do you have a passion for
health and fitness?**

If you've answered yes to any of the above, then a career in fitness could be for you!



CHOOSE YOUR COURSE

L2 Certificate in Fitness Instructing

L3 Certificate in Personal Training

L3 Diploma in Fitness Instructing and Personal Training

L2 Certificate in Fitness Instructing – The Role of a Fitness Instructor

This qualification is the base level qualification for entering the fitness industry. This qualification will allow you to work as a fitness instructor within a gym environment. The duties of a fitness instructor will include; meeting and greeting, support to members within the gym for things such as assistance with exercises, machine set up, programme design and general exercise and healthy eating advice. As a fitness instructor you will be responsible for health and safety when on shift and you will be expected to check and ensure machines are in full working order and are hygienically clean for use, obstacles are removed from the gym floor and not restricting any emergency exit routes such as fire doors etc.

This is a great qualification for anyone who wants to gain experience within a gym environment.

L2 Certificate in Fitness Instructing – Finding Work Once Qualified

Your job choices once qualified could be to keep your current job and apply/register with local gyms to be a casual member of staff. This enables people to earn extra money and gain experience of working in a gym environment. For anyone looking for full-time/part-time work, being a casual can help you get your foot in the door and to be the first choice for any contracted hours of work or you can view job positions on the following websites:

- www.leisurejobs.com
- www.leisureopportunities.co.uk

L2 Certificate in Fitness Instructing – What the Course Covers

You will cover the following units:

- Anatomy and Physiology
- Know How to Support Clients Who Take Part in Exercise and Physical Activity
- Health Safety and Welfare in a Fitness Environment
- Principles of Exercise Fitness and Health
- Planning Gym Based Exercise

L2 Certificate in Fitness Instructing – What the Course Involves

You will complete a series of course workbooks based on the above units listed above. As part of the course you will have to show competence in delivering a client induction based on a programme card of exercises that you have produced within a gym environment.



L2 Certificate in Fitness Instructing – No Theory Exams!

Innovate Awarding who are the awarding body for the fitness qualifications we supply do not have any theory exams like most training providers. The criteria set by 'Skills Active' are covered by the workbooks that learners complete.

Negatives of having to do exams:

- Can cause stress and anxiety.
- Involves having to be in a classroom under invigilation.
- They favor people who have good memory techniques.
- 'Cramming' of knowledge prior to an exam is one of the least effective techniques.
- Many learners forget the revised knowledge after exams.
- Can affect learner confidence when failing.

L2 Certificate in Fitness Instructing – Career Progressions

After completion of the qualification you could progress onto the L3 certificate in personal training. Recognised Prior Learning (RPL) is applied when learners enroll onto this course within 12 months of passing the L2 certificate in fitness instructing, meaning they have less units to cover. Other course possibilities are; L3 GP exercise referral, L3 sports massage, L2/3 exercise to music and various fitness class qualifications; Les Mills, Indoor group cycling etc.



L3 Certificate in Personal Training – The Role of a Personal Trainer

This qualification is a progression from the role of a fitness instructor. Being a personal trainer makes you the 'go to' person to help people achieve their exercise and health goals. You will work daily with clients doing; physical assessments and health tests, goal setting, programme planning, advising on nutrition and being on the gym floor supervising their exercises. You may work one to one with clients or you may work with clients in a group setting running sessions such as Boot Camps.

Anyone who undertakes this course must hold a L2 Certificate in Fitness Instructing.

L3 Certificate in Personal Training – Finding Work Once Qualified

There are many options for a qualified personal trainer to choose from, these are detailed below:

- Work as a PT in a gym – you may have to pay a regular monthly rent fee which generally gets built up over a period of 6 months which enables you to get clients and earn an income. Some gyms will charge no rent but will ask that you work for the gym on a part-time basis with the agreement that out of those unpaid working hours you have free reign of the gym and its members. Lastly, some gyms may take a percentage fee of each session you run with a client. It is very rare that gym employ full-time paid PT's, but these positions will exist.
- Work abroad – jobs abroad for PT's are very popular. There are many jobs advertised on cruise ships and in Arab rich countries.
- Own your own studio – this is an option that seems popular at present. Many PT's are renting commercial type warehouse premises and kitting them out with affordable functional equipment, providing a mixture of one to one and group.
- Mobile and home visits – are cost effective as there is no rental fee to a gym. PT's just need some equipment, generally; dumb-bells, resistance bands, swiss ball, exercise mats, bosu boards etc. Some clients may wish to train in the comfort of their own home whilst under supervision and guidance of a PT. Some clients may also prefer to be away from a gym environment and train in the outdoors, such as parks.

Positions for personal trainers can be found on the following websites:

- www.leisurejobs.com
- www.leisureopportunities.co.uk

L3 Certificate in Personal Training – What the Course Covers

You will cover the following units:

- Anatomy and Physiology for Exercise and Health
- Applying the Principles of Nutrition to a Physical Programme
- Programming Personal Training with Clients – Advanced training techniques

If you have not completed your L2 certificate in fitness instructing within the last 12 months prior to enrolment onto this course you will have to re-cap and cover the following L2 units.

- Know How to Support Clients Who Take Part in Exercise and Physical Activity
- Health Safety and Welfare in a Fitness Environment
- Principles of Exercise Fitness and Health

L3 Certificate in Personal Training - What the Course Involves

You will complete a series of course workbooks based on the above units listed above. As part of the course you will have to show competence in delivering your clients advanced programme card of exercises that you have produced within a gym environment.

L3 Certificate in Personal Training – No Theory Exams!

Innovate Awarding who are the awarding body for the fitness qualifications we supply do not have any theory exams like most training providers. The criteria set by 'Skills Active' are covered by the workbooks that learners complete. The L3 theory exams by other awarding bodies/providers are extremely challenging and the past rate first time for learners is very low. The average pass rate is after 2 further re-sits which some providers charge extra per re-sit.

Negatives of having to do exams:

- Can cause stress and anxiety.
- Involves having to be in a classroom under invigilation.
- They favor people who have good memory techniques.
- 'Cramming' of knowledge prior to an exam is one of the least effective techniques.
- Many learners forget the revised knowledge after exams.
- Can affect learner confidence when failing.

L3 Certificate in Personal Training - Career Progressions

Many learners do not progress much after this course but some may look at doing specialist L4 qualifications, such as: low back pain, obesity and diabetes, cardiac rehabilitation, sports massage etc. Some experienced PT's may choose to pursue a career in assessing and tutoring via the L3 award in education and training.

L3 Diploma in Fitness Instructing and Personal Training

This is a course for those who are not L2 fitness instructor qualified but wish to become a personal trainer. This course covers the 2 qualifications in one course and at the end of the course you are awarded a diploma certificate rather than 2 separate certificates by individualising the 2 courses. The diploma is not always the course for some learners as some wish to do the L2 certificate in fitness instructing just to see how they cope with the course before progressing. Every learner has different levels of learning ability and confidence, so by doing the courses individually learners can build up their confidence and experience within a gym environment by completing the L2 course in fitness instructing first before progressing further.



RECOGNISED QUALIFICATIONS

All of the Innovate qualifications delivered are recognised by all leisure industry employers within the UK and overseas. The qualifications are recognised by REPs (register of Exercise Professionals) and CIMSPA (Chartered Institute for the Management of Sport and Activity). Once qualified, it is recommended that learners register with a recognised body.

Both the L2 Certificate in Fitness Instructing and Personal Training are worth 20 reps points each.




COURSE WORK QUESTION EXAMPLE

Below are some examples of learning slides and workbook questions from a L2 Fitness Instructing course, see how you get on in answering these questions from the Anatomy and Physiology workbook.

The Location and Function of the heart:

- The heart is a muscular pump.
- It is located behind and to the left of the sternum.
- Supplies blood to the tissues of the body.



Complete the below.....

The heart is located

There are 3 common deviations of the spine from a neutral position:

Neutral spine: alignment of the vertebrae for even distribution of load and balance.

1. Kyphosis: increased thoracic spine forward curvature.
2. Lordosis: increased lumbar spine backward curvature.
3. Scoliosis: lateral (sideways) curvature of the spine.

There are other postural deviations including:

1. Sway back
2. Forward head



Postural Abnormality	How would you describe them
Kyphosis	
Lordosis	
Scoliosis	



HOW TO ENROLL: IT'S AS EASY AS 1, 2, 3!

We try to make the enrolment process as easy as possible as once learners have paid for their course they are keen to get started straight away! As there are no set course dates you can enroll at anytime of the year. Practical aspects of the courses are arranged with learners around their availability. Once enrolled and registered with the awarding body, learners have 12 months in which to complete their qualification.

1 Complete payment for your course.



2 Complete the induction booklet and supply proof of identification (passport / drivers license).



3 Receive your starter email instructions, e-learning access and first workbook.

LEARNER SUPPORT

All learners can email asking questions at anytime and get a prompt response from a tutor. We stipulate that we will respond to learners within 24 hours but generally we aim to do this A.S.A.P! Learners can also request to book a call if required. Learner workbooks are assessed within 3-5 working days.

**So what are you waiting for?
Enroll with us today!**

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