

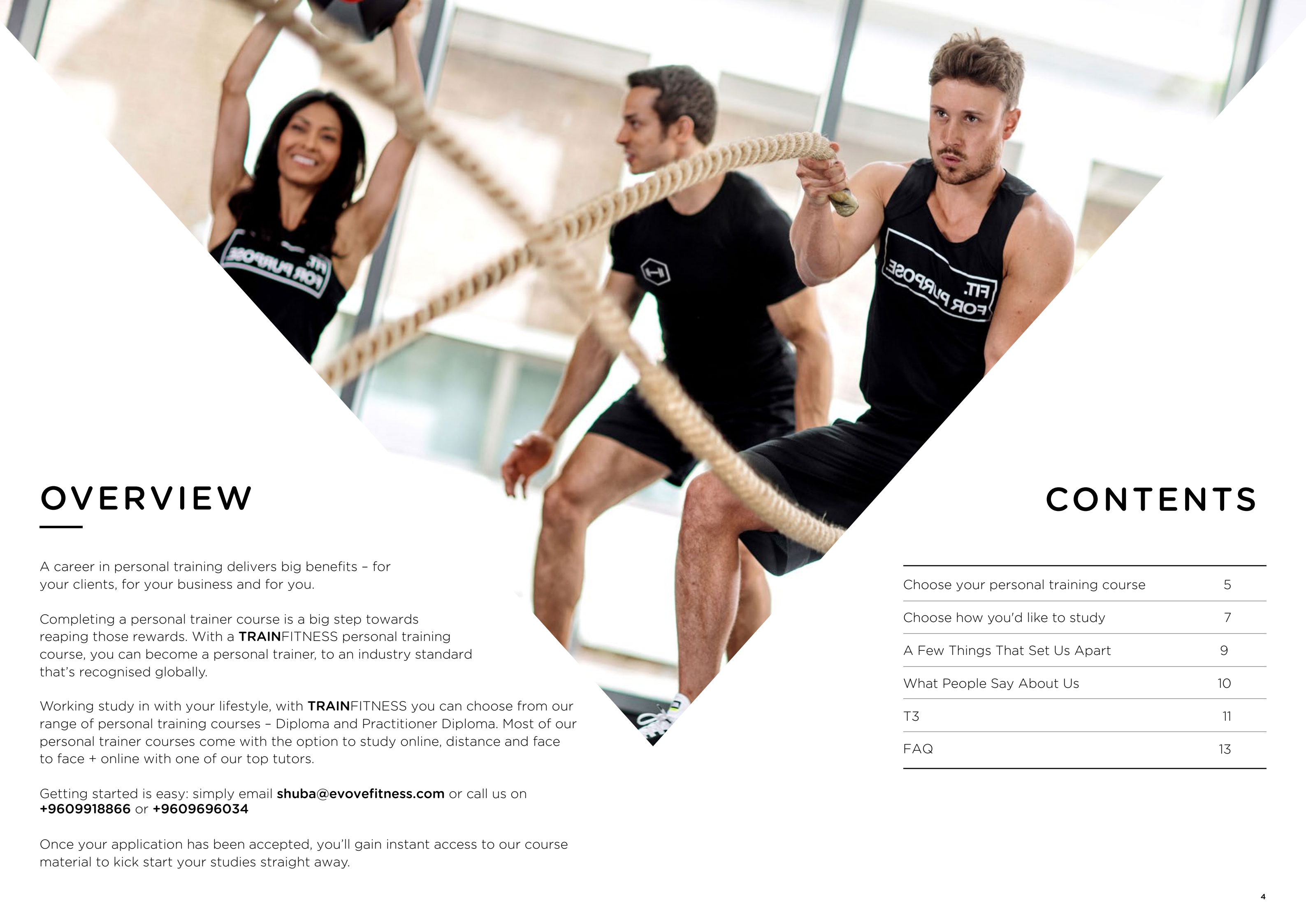


COURSE BROCHURE

Training Courses

Study Options and Further Information





OVERVIEW

A career in personal training delivers big benefits – for your clients, for your business and for you.

Completing a personal trainer course is a big step towards reaping those rewards. With a **TRAINFITNESS** personal training course, you can become a personal trainer, to an industry standard that’s recognised globally.

Working study in with your lifestyle, with **TRAINFITNESS** you can choose from our range of personal training courses – Diploma and Practitioner Diploma. Most of our personal trainer courses come with the option to study online, distance and face to face + online with one of our top tutors.

Getting started is easy: simply email **shuba@evovefitness.com** or call us on **+9609918866** or **+9609696034**

Once your application has been accepted, you’ll gain instant access to our course material to kick start your studies straight away.

CONTENTS

Choose your personal training course	5
Choose how you’d like to study	7
A Few Things That Set Us Apart	9
What People Say About Us	10
T3	11
FAQ	13

STEP 1

CHOOSE YOUR TRAINING COURSE

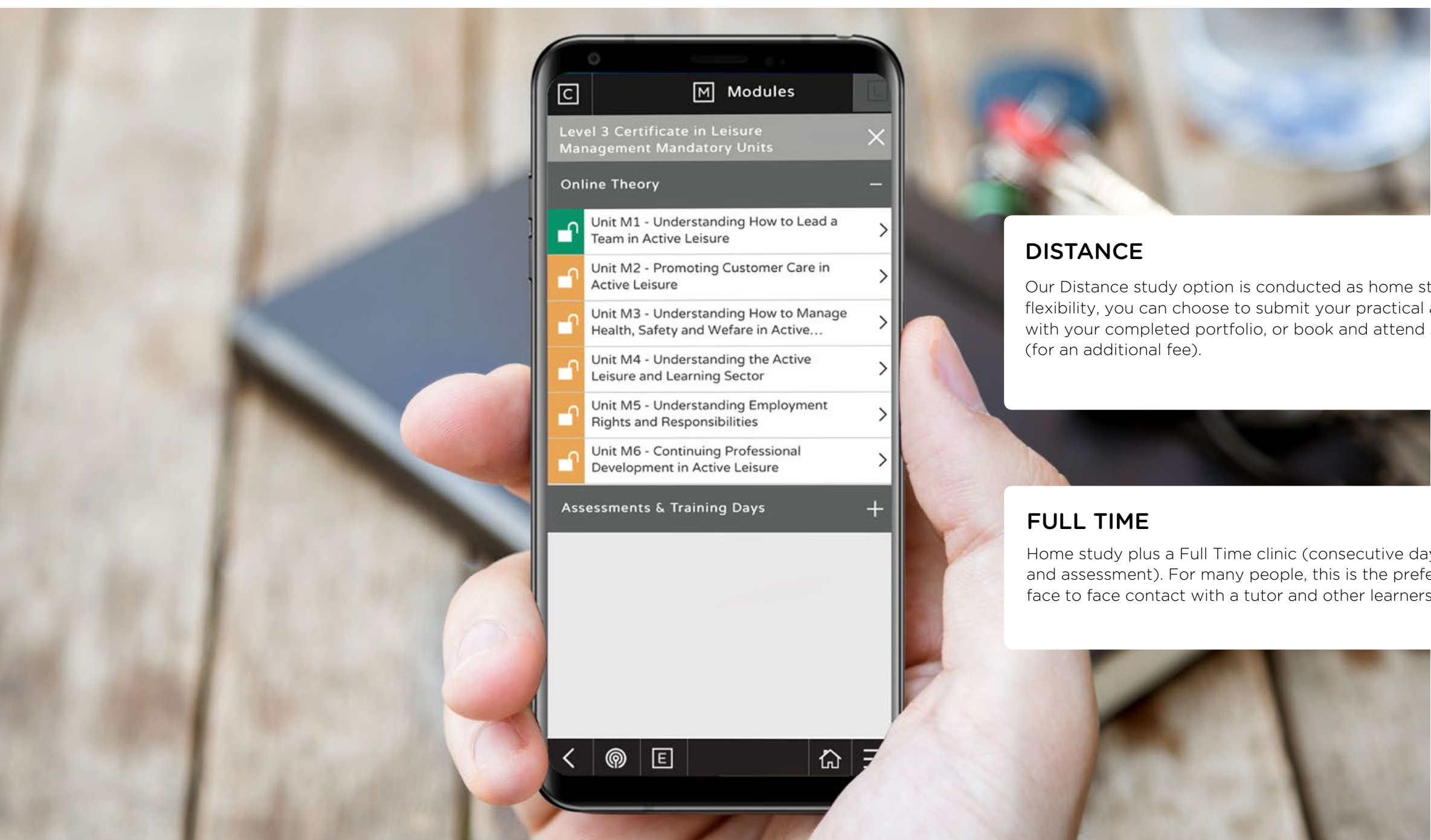
GYM INSTRUCTOR
PREREQUISITES
A basic level of English and Maths will be necessary to understand the content. The course requires physical exertion and individual participation is mandatory, therefore a degree of physical fitness is necessary. Relevant personal experience of the subject is helpful. For example, prior participation in gym sessions will be helpful for our Gym Instructor courses.
CERTIFICATES
Level 2 Gym Instructor
STUDY OPTION
Distance or Full Time.
STANDARDS MET
REPs, CIMSPA, and ACSM.
CONSIDERATIONS
This course includes access to our Learner Support and Career Concierge™ Services. Please contact us if you already hold a Level 2 qualification.
COURSE INCLUDES
• Anatomy and physiology • Diseases and common health conditions • Analysis of client information • Functional programme design • Movement screening • Effective coaching models • Health risk stratification • Communication and interpersonal skills • Health and safety • Planning and instructing gym-based exercise • Nutrition for health • Motivational interviewing • Conducting consultations

PERSONAL TRAINER PRACTITIONER DIPLOMA
PREREQUISITES
REPs-recognised Level 2 Gym Instructor certification
CERTIFICATES
Level 3 Personal Trainer Practitioner Diploma (which will also list the subjects T3 Coach and Circuit Training).
STUDY OPTION
Distance or Full Time.
STANDARDS MET
REPs, CIMSPA, and ACSM.
CONSIDERATIONS
This course includes access to our Learner Support and Career Concierge™ Services. Please contact us if you already hold a Level 2 qualification.
COURSE INCLUDES
• Anatomy and Physiology • Communication and Interpersonal Skills • Diseases and Health Conditions • Health and Safety • Analysis of Client Information • Functional Programme Design • Nutrition • Movement Screening • Health Optimisation • Training Movements vs. Training Muscles • Health Risk Stratification • Postural Assessment • Corrective Exercise • Metabolic Breakpoint Testing • Business Skills and Employment Preparation • T3 (HIIT) Coaching† • Circuit Training†

GYM INSTRUCTOR & PERSONAL TRAINER PRACTITIONER DIPLOMA
CERTIFICATES
Level 3 Gym Instructor and Personal Trainer Practitioner Diploma (which will also list the subjects T3 Coach and Circuit Training).
STUDY OPTION
Distance or Full Time.
STANDARDS MET
REPs, CIMSPA, and ACSM.
CONSIDERATIONS
This course includes access to our Learner Support and Career Concierge™ Services. Please contact us if you already hold a Level 2 qualification.
COURSE INCLUDES
• Anatomy and Physiology • Communication and Interpersonal Skills • Diseases and Health Conditions • Health and Safety • Analysis of Client Information • Planning and Instructing Gym-Based Exercise • Functional Programme Design • Nutrition • Movement Screening • Health Optimisation • Effective Coaching Models • Training Movements vs. - Training Muscles • Health Risk Stratification • 10-Step Consultation Process • Postural Assessment • Corrective Exercise • Metabolic Breakpoint Testing • Business Skills and Employment Preparation • T3 (HIIT) Coaching† • Circuit Training†

GYM INSTRUCTOR & PERSONAL TRAINER MASTER DIPLOMA
CERTIFICATES
Level 4 Gym Instructor and Personal Trainer Master Diploma (which also lists the subjects T3 Coach, Circuit Training, Sports Conditioning, Outdoor Exercise, Group Indoor Cycling, Exercise Referral, Obesity and Diabetes Management, and Life Coaching).
STUDY OPTION
Distance, In-person Part Time, In-person Full Time, Virtual Part Time or Virtual Full Time
STANDARDS MET
REPs, CIMSPA, and ACSM.
CONSIDERATIONS
This course includes access to our Learner Support, Career Concierge™ and Job Offer Guarantee^ services. Please contact us if you already hold a Level 2 qualification.
COURSE INCLUDES
• Level 3 Gym Instructor & Personal Trainer Specialist Diploma plus: • Level 4 Obesity and Diabetes Management • Life Coaching

^Conditions apply



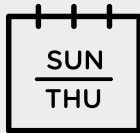
DISTANCE

Our Distance study option is conducted as home study. The ultimate in flexibility, you can choose to submit your practical assessments by video along with your completed portfolio, or book and attend scheduled assessment days (for an additional fee).



FULL TIME

Home study plus a Full Time clinic (consecutive days of face to face tuition and assessment). For many people, this is the preferred study option. Daily face to face contact with a tutor and other learners during an 11-day clinic.



STEP 2

CHOOSE HOW YOU'D LIKE TO STUDY

All of our personal training courses have online course material that you will complete as home study via our award-winning learning management system. Technology is in our DNA - we were the first fitness course provider in the UK to offer online learning, and the first to offer a mobile app so that you could also study on the go.

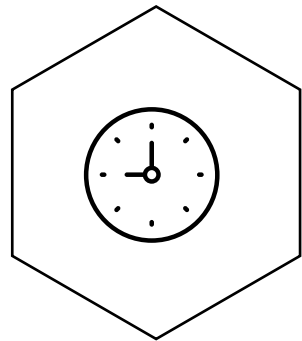
The minute you enrol you can log on to our website or mobile app, get instant access to the online course material and start studying.

📍 LOCATIONS

Evove Fitness

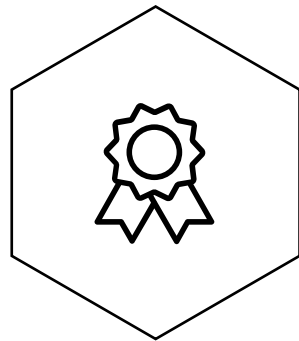
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A FEW THINGS THAT SET US APART



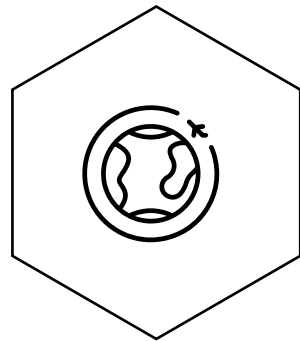
20 YEARS OF EXPERIENCE

We've trained thousands of people just like you since the year 2000.



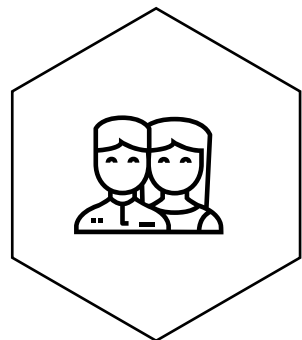
FULLY ACCREDITED

All of our personal training courses are recognised by the Register of Exercise Professionals (REPs) & CIMSPA.



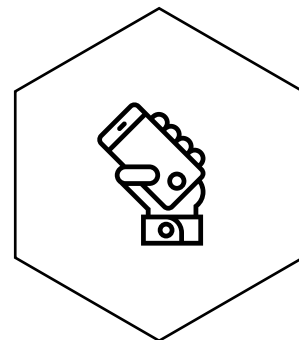
INTERNATIONAL RECOGNITION

These courses are recognised internationally by the American College of Sports Medicine (ACSM).



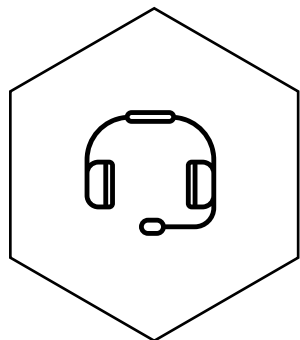
TOP TUTORS

Enjoy learning from some the industry's best tutors with real-world experience as both educators and personal trainers.



TECHNOLOGY LEADERS

Our online learning system and mobile app have been voted the best in the UK fitness industry.



SUPERIOR SUPPORT

Our Learner Support team is here to help you with questions, both great and small, 7 days a week.

AND MUCH MORE

WHAT PEOPLE SAY ABOUT US

THE HARRISON TWINS

We were looking for a high quality personal training course close to home. **TRAINFITNESS** offered everything we needed. Their full time Certificate in Personal Training course took four weeks and was in a great gym in Manchester. With the help of the **TRAINFITNESS** course material and tutor, we now have the qualification to develop our career in fitness further, including running our own boot camps across Europe and offering online workouts for our social media followers.

Photo credit: harrisontwins.com



CHESSIE KING

It was incredible. The mix of the theory and practical was perfect. The support was amazing and I loved doing the intensive course.

JOSS MOONEY

Doing the **TRAINFITNESS** Certificate in Personal Training course full time in Manchester has allowed me to pursue my goals as a personal trainer and fitness model. Not only has it given me the knowledge and ability to offer quality online training plans to my clients, but the **TRAINFITNESS** course has helped me elevate my own workouts by applying solid principles and techniques.

Photo credit: jossmooney.co.uk





TRAIN.
TRACK.
TRANSFORM.



T3 provides you with fast, effective high intensity interval training workouts that can be delivered on a one-to-one basis, in small groups, or in a traditional group exercise setting.

Each workout offers 30-minutes of HIIT-style exercises.

As a subscriber you will receive new workouts every 8 weeks.

If you think you have what it takes to become a T3 Instructor, then get in touch.

We're always looking for motivated and enthusiastic coaches who are ready to make a difference in people's lives.

Learn more by visiting - <https://train.fitness/store/programme-subscriptions/subscriptions>

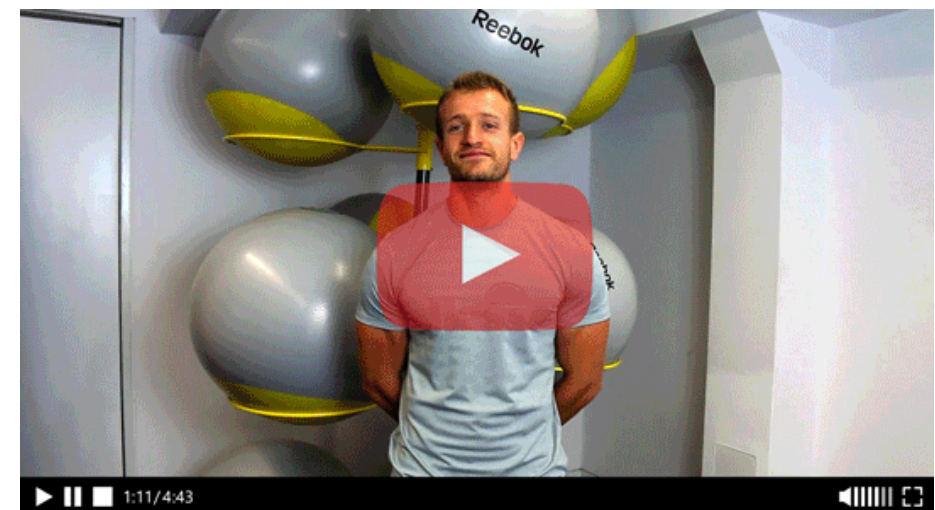
T3 SUBSCRIPTIONS AVAILABLE

Download the **TRAINFITNESS** app



LEARNER REVIEWS

Here's what some of our past graduates have said about their experience with **TRAINFITNESS**



FAQ

ARE YOUR PERSONAL TRAINER COURSES RECOGNISED?

Our personal trainer courses meet the standards set by the Register of Exercise Professionals (REPs) and CIMSPA and are also recognised by the American College of Sports Medicine (ACSM).

HOW ARE YOUR PERSONAL TRAINING COURSES DELIVERED?

As soon as you've enrolled you can log onto our website and access your Student Desktop. Through it you'll be able to complete the online course material and, depending on the study option you choose, either book onto assessment days, optional training days or a clinic.

Using the **TRAINFITNESS** app you can also do all of this on the move via the Mobile Student Desktop. The app is compatible with Apple iOS 8.1 and above and Android KitKat (5.0) and above (devices, manufacturers and operating systems are subject to change).

You've chosen our Distance study option, you'll complete as home study the online course material, workbook and portfolios, and you'll complete the REPs practicum requirements of the course where you observe a qualified, REPs-registered personal trainer in a commercial fitness facility – 20 hours for Level 2 Gym and 20 hours for Level 3 Personal Trainer. Please send to Evoke either by post, email or the Help Desk evidence of your completed practicum. As an alternative to completing the practicum, you can book onto and attend a scheduled Level 2 Gym training day and a Level 3 Personal Trainer training day (additional fees apply).

You'll then submit to us a video of your practical assessments along with your completed portfolio. As an alternative to submitting a video of your practical assessments, you can book onto and attend

scheduled assessment days (additional fees apply). If you choose our Part Time or Full Time study option, you'll complete as home study the online course material and specific sections of the portfolios, and you'll then attend the scheduled clinic you've booked onto. In most cases you'll finish and hand in your portfolios while on clinic.

Regardless of the study option you choose, there is no difference in the certificate you receive upon completion of the course: the certificate does not state the study option. Before you can request the certificate; however, you must satisfy and complete all course requirements. This includes, for example, the online course material which you will complete as home study before and outside of clinic attendance.

A PDF copy of the portfolios, workbooks and static online course material is included in the course fee and which you can print directly from the Student Desktop. Alternatively, you may purchase a printed copy of the portfolios and workbooks from our webstore for an additional charge.

ARE YOUR PERSONAL TRAINER COURSES RECOGNISED?

Our personal trainer courses meet the standards set by the Register of Exercise Professionals (REPs) and CIMSPA, and meet the criteria for official ACSM Approved Provider status⁹.





WHAT SUPPORT IS AVAILABLE?

Learner Support – As well as the support you receive from your tutor on a scheduled clinic or optional training day (if applicable), you'll also have access to our Learner Support team, dedicated to assisting you with study questions and queries. The team is generally available via phone, email or through the Help Desk Monday to Friday 9:30am to 5:30pm; and Saturday and Sunday 8:30am to 5:30pm GMT, excluding Bank holidays and office closures.

eClasses – This course offers optional eClasses to assist you in preparation for your theory assessment(s). There is an additional charge for these eClasses as they are not a requirement for completion of the course. You have the option of enrolling on one or more eClasses and once enrolled you can attend that eClass as many times as you like within the course term. To enrol on an eClass, simply go to the Paperwork & Portfolios section of your web-based Student Desktop (not the app version) and click the Enrol button next to the eClass you would like to enrol onto.

Optional Training Day – If you enrol on the Distance study option and would like extra help or guidance with the more practical elements of your course, we have training days scheduled around the country which you can book onto and attend. On these days you can receive valuable tutor feedback and a day of face-to-face practical training in a gym environment. An optional training day will also cover the practicum (work experience) requirement of your course, if there is one. Optional training days are not included in your course, nor in the cost of your course. Additional fees apply.

WHAT DO I NEED TO ATTEND?

If you've chosen Distance study the method of your practical assessment is your choice. You can submit the practical assessments by video (for which you'll need three clients) and no additional charge will be made. Alternatively, you can book onto scheduled assessment days to perform your practical assessments for which an additional fee is payable at the time of booking. If you choose to book onto a scheduled assessment day, you'll need to bring a client with you.

You must complete the online material for at least the Gym Instructor component of the course before performing any of the Gym Instructor assessments, and complete the online material for the Personal Trainer component of the course before performing any of the Personal Trainer assessments.

If you've chosen to study Part Time you'll need to book onto and attend a Part Time clinic scheduled at one of our course venues. We offer Part Time Saturday, Part Time Sunday, and Part Time Evenings clinics. Those that enrol on a Part Time Saturday course will book onto and attend either an 11-day or 15-day clinic (depending on the course option you choose) normally held on consecutive Saturdays; those that enrol on a Part Time Sunday course will book onto and attend either an 11-day or 15-day clinic (depending on the course option you choose) normally held on consecutive Sundays; and those that enrol on a Part Time Evenings course will book

onto and attend either an 11-week or 15-week clinic (depending on the course option you choose) normally held on consecutive Monday and Tuesday evenings. You'll perform the relevant training and assessments on these clinic days and also finish and hand in your portfolios*. You must complete the online material for at least the Gym Instructor component of the course (as well as specific sections of the gym instructor portfolio) before commencing a Gym Instructor Part Time clinic, and complete the online material for the personal trainer component of the course (as well as specific sections of the personal trainer portfolio) before commencing a personal trainer Part Time clinic.

Gym Instructor and Personal Trainer Practitioner Diploma =
11 scheduled week days
(Full time)



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All details in this document, including prices, are subject to change at any time. Any omission or error in this document may be corrected with liability.