

**Never Give Up
Never Back Down
Be The Wolf**



ATP FUELLING FITNESS

COURSE PROSPECTUS



PD:Approval
Endorsed



www.alphatrainingni.com



Alpha Training (N.I.) Ltd.

Alpha Training and Performance: Fuelling Fitness.

ATP offers the very highest standards of training, education and sports rehabilitation.

ATP offers a high-performance gym, where members can train in our state-of-the-art facilities. We offer one-to-one training sessions with our ATP personal trainers and a wide range of ATP group exercise classes.

For those who want to work in the industry, our site also offers a vast range of health and fitness qualifications. Our courses are taught by industry leaders, who not only tutor but also currently have their own successful career in the industry. Learners can also benefit from our in-house mentoring programme.

While training is one element of health and fitness, it is also important to include recovery therapies to improve performance, well-being and for injury prevention as much as injury recovery and rehabilitation.

NEVER GIVE UP. NEVER BACK DOWN. BE THE WOLF.

HELPING YOU ACHIEVE YOUR FULL POTENTIAL

Our aim is to empower you with the practical skills, knowledge and qualifications required for a successful career in the fitness industry. We offer high quality face-to-face education in internationally and REPs recognised health and fitness qualifications from Level 2 to Level 4 with VTCT. All courses are provided in our new ATP high performance facility based in Carryduff. Our qualifications are designed to support those with no previous background in the health and fitness industry, or support those already qualified to gain higher qualifications or qualifications in new areas of the industry. We also offer a range of CPD courses (group exercise courses such as indoor cycling, circuits, cardio-boxing, kettlebells, suspension straps, cardiobarbells etc.) that are accredited directly with REPs offering 8 - 16 REPs points per course.

BECOME A FITNESS PROFESSIONAL WITH A DIFFERENCE

We stand apart from other fitness training companies because we believe in quality education. We ONLY offer our training in a face to face capacity. We do not offer our courses as online learning as we truly believe the best way to learn is with a tutor in the classroom, on the gym floor or in the treatment room. When you place your trust in us and sign up for a course; we invest in you for the rest of your career. Our ongoing support after your course to build a business and find employment sets us apart.















Along with our internationally recognised qualifications, innovative new courses, state-of-the-art gym facilities, expert teaching by qualified professionals and our commitment to our students, we believe we offer a unique service to our learners.

JOIN THE PACK TODAY

Please take the time to have a look through our prospectus and see what we have to offer. I hope it helps you in making your decision to join us, and I look forward to welcoming you to our facilities.

**Emma Brennan,
Managing Director**

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The Team



Emma Brennan



Shane Glennon



Jemma Robbins



Amanda Nickels



ATP Academy

About Us

Alpha Training (N.I.) Ltd. was established in 2015, and we are one of Northern Ireland's leading training providers delivering Health and Fitness Vocational Qualifications for those seeking a career in the health and fitness industry. We offer courses ranging from Level 2 to Level 4 and are accredited by VTCT, an internationally recognised awarding organisation. Our qualifications are OFQUAL compliant and REPs recognised, which are mandatory to gain insurance and employment within the industry. Along with these, we also offer a range of Pack Fit CPD courses that we have developed through PD Approvals and the Register of Exercise Professionals (attributed REPs points can be redeemed by registered REPs members).

Our Aim

At Alpha Training, we have made a point to set above industry standard requirements for our assessment criteria, to raise both the quality and proficiency of learners completing our courses. We feel as this industry is ever-growing that the standard should be set higher to ensure that as the industry expands the quality doesn't diminish. We want to be sure that our learners leave knowing that they will make a positive impact on the health and fitness sector, and also ensuring a long-term career in the industry.

Benefits

Face-to-face approach

Due to the physical nature of health and fitness, we only provide our courses face-to-face. We do not offer online, distance or blended learning options. We believe that face-to-face offers learners the very highest quality of learning, support and value for money. There is a vast range of techniques, analysis, postural assessments and form checks to be enforced for each and every exercise taught, as well as function of the equipment used for exercise and procedures for delivering physical treatments (e.g. the techniques performed in a sports massage), and we feel that this needs to be covered from all angles both in having our learners coach others and themselves feel the movements as they should be performed.

Friendly and supportive learning environment

Our students benefit from a friendly and supportive learning environment, and this extends beyond the duration of the courses they attend. Alpha Training offer comprehensive post-course support to our learners in the form of business support meetings, mentoring, work experience/placements, interviews and other employment opportunities. This also includes a number of our exceptional learners coming through to become tutors and assessors with Alpha Training (N.I.) Ltd.

Qualified and experienced tutors

Our team of qualified and experienced tutors and assessors support our learners through their chosen course, to ensure on completion that they are confident and highly capable health and fitness professionals. All of our tutors are not only specialists in their own areas, but also actively working and maintaining successful businesses in the areas that they tutor. They are also involved in continuous professional development to constantly upskill their knowledge and support the courses they provide, including degrees, courses level 4 and above, workshops, seminars, competing and research.

Innovative learning technologies

To keep our courses current we have also been introducing new innovative technologies (Push Band) and applications (Trainer PA) in the performance testing sector. With these new technologies we can ensure our learners are ahead of the curve with all the tools and opportunities to enhance their own services for their business and their clients experience with them.

Course Descriptions

VTCT Level 2 Certificate in Fitness Instructing (Gym-Based Pathway)

Price: £400

10 Day Course

Part time: Saturday and Sunday for 5 consecutive weekends

Full time: Monday to Friday for 2 weeks.

Who is this qualification for?

The VTCT Level 2 Certificate in Fitness Instructing is a substantial vocational qualification that develops the knowledge, understanding and technical skills needed for a career in sport and active leisure as an employed/self-employed fitness instructor. The qualification is based on fitness National Occupational Standards (NOS) and is recognised by the UK's lead professional association, the Register of Exercise Professionals (REPs).

What does this qualification cover?

This qualification covers all the components required to work effectively and competently as a fitness instructor, which include: anatomy and physiology for exercise, principles of exercise, health and fitness, knowledge of how to support clients who take part in exercise and physical activity, and health, safety and welfare in a fitness environment.

Gym-Based Exercise Pathway

Learners will develop the knowledge and skills needed to plan and instruct exercise programmes for gym based exercise for apparently healthy adults of all ages. They will also learn how to provide effective support for clients who take part in exercise and physical activity.

What could this qualification lead to?

Learners who complete this qualification are eligible to join the Register of Exercise Professionals (REPs) as a Level 2 member under the category of Fitness Instructor, specialising in their chosen area of expertise.

Fitness instructors are qualified to offer gym inductions in council and private facilities. Adding on additional CPD courses fitness instructors may also offer group exercise classes in the areas they hold qualifications in such as circuits and indoor cycling. To offer one-to-one or small group Personal Training learners must progress to Level 3 Personal Training.

VTCT Level 2 Certificate in Fitness Instructing (Exercise to Music Pathway)

Price: £400

This is a part time courses offered over 5 weekends Saturday and Sunday.

Who is this qualification for?

There VTCT Level 2 Certificate in Fitness Instructing is a substantial vocational qualification that develops the knowledge, understanding and technical skills needed for a career in sport and active leisure as an employed/self-employed fitness instructor. The qualification is based on fitness National Occupational Standards (NOS) and is recognised by the UK's lead professional association, the Register of Exercise Professionals (REPs).

What does this qualification cover?

This qualification covers all the components required to work effectively and competently as a fitness instructor, which includes: anatomy and physiology for exercise, principles of exercise, health and fitness, knowledge of how to support clients who take part in exercise and physical activity, and health, safety and welfare in a fitness environment.

Exercise to Music Pathway

Learners will develop the knowledge and skills needed to plan and instruct exercise to music classes for apparently healthy adults of all ages. They will also learn how to provide effective support for clients who take part in exercise and physical activity.

What could this qualification lead to?

Level 2 Exercise to Music Fitness Instructors will be qualified to offer group exercise to music. To offer additional classes such as circuits, indoor cycling, cardioboxing etc. learners must hold a valid qualification in this area.

VTCT Level 3 Diploma in Personal Training (Gym-Based Exercise)

Price: £1100

20 Day Course

This course combines Level 2 Fitness Instructor and Level 3 Personal Trainer

Level 2 is 10 days:

Full time: Monday to Friday for 2 weeks

Part time: Saturday and Sundays for 5 weekends

Level 3 is 10 days:

Full time: Monday to Friday for 2 weeks

Part time: Saturday and Sundays for 5 weekends

This course saves you £100 than registering for Level 2 and Level 3 separately.

If you already hold Level 2 Fitness Instructor - Gym-based you may enrol on the Level 3 Certificate in Personal Training.

Who is this qualification for?

The VTCT Level 3 Diploma in Personal Training (Gym-Based Exercise) (QCF) is a qualification for learners seeking to work in the health and fitness industry as a personal trainer, specialising in gym based exercise. The qualification is recognised by the Register of Exercise Professionals (REPs) as being fit for purpose for preparing learners for employment/self-employment as a personal trainer.

Why is this qualification most suitable?

This qualification specifically qualifies learners as a personal trainer in a gym-based setting. This qualification is most suitable for learners with limited prior knowledge and skills of gym instructing and personal training.

In contrast, to undertake the VTCT Level 3 Diploma in Personal Training (Specific Populations) (QFC) learners must first hold a gym instructing qualification. The specific populations qualification prepares learners to work with older adults, antenatal and postnatal clients and people with disabilities.

What does this qualification cover?

This qualification covers all the required elements to work effectively and competently as a personal trainer in a gym based exercise setting, which includes: anatomy and physiology for exercise, principles of exercise, health and fitness, knowledge of how to support clients who take part in exercise and physical activity, health, safety and welfare in a fitness environment and nutrition for physical activity.

Gym-Based Exercise Pathway

Learners will develop the knowledge and skills needed to plan and instruct exercise programmes for gym based exercise for apparently healthy adults of all age. They will also learn how to provide effective support for clients who take part in exercise and physical activity.

Learners will also develop the knowledge and skills needed to plan and instruct gym based exercise programmes and personal training programmes. All units are mandatory.

What could this qualification lead to?

Learners who complete this qualification are eligible to join the Register of Exercise Professionals (REPs) as a Level 3 member as a personal trainer.

VTCT Level 3 Certificate in Personal Training (Gym-Based Exercise)

Price: £800
10 Day Course

Level 3 is 10 days:

Full time: Monday to Friday to 2 weeks

Part time: Saturday and Sundays for 5 weekends

You must hold a valid and up to date qualification in Level 2 Fitness Instructor - Gym Based to enrol for this qualification.

Who is this qualification for?

The VTCT Level 3 Certificate in Personal Training (Gym-Based Exercise) is to prepare you to enter the specific sector of health and fitness as a personal trainer. All the units in this qualification relate directly to the specific job role of a personal trainer.

Students must hold a Level 2 Certificate in Fitness Instructing as pre-requisite for this qualification.

Students who do not have a Level 2 Certificate in Fitness Instructing but want to pursue a personal training pathway may wish to enrol on the VTCT Level 3 Diploma in Personal Training which combines all the necessary Level 2 and Level 3 units.

What does this qualification cover?

The VTCT Level 3 Certificate in Personal Training is a substantial vocational qualification that will prepare you for a career as a personal trainer. This qualification is designed for learners aged 16 years or over and will support you to gain employment as a personal trainer in a variety of work settings, as the units contained in this qualification cover all the skills and knowledge required for this role. A Level 2 fitness instructor qualification must be held prior to undertaking this qualification.

This is a vocational qualification that includes all the required elements to work effectively as a personal trainer. It includes the following mandatory units: anatomy and physiology for exercise and health, principles of exercise, fitness and health, supporting clients who take part in exercise and physical activity, health, safety and welfare in a fitness environment, nutrition to support physical activity, and programming and delivering personal training sessions. There are no optional units.

Throughout this qualification you will develop your knowledge and understanding of the underpinning science and principle which underpin safe and effective exercise, as well as nutrition to support physical activity programmes. You will also develop interpersonal skills that will assist you to communicate effectively with clients.

The practical units will prepare you to programme personal training, and in particular, collect client information, agree goals with clients, plan, manage and review programmes and adapt and modify programme accordingly.

Furthermore, you will be prepared to instruct personal training, particularly in planning and preparing sessions, preparing clients, instructing and adapting exercises and bringing sessions to an end.

This qualification is challenging and comprehensive and will certainly prepare you for employment as a personal trainer in a variety of contexts. This qualification covers all the required elements to work effectively and competently as a personal trainer in a gym based exercise setting, which includes: anatomy and physiology for exercise, principles of exercise, health and fitness, knowledge of how to support clients who take part in exercise and physical activity, health, safety and welfare in a fitness environment and nutrition for physical activity.

Who supports this qualification?

This qualification is based on the relevant National Occupational Standards (NOS) and is recognised by one of the UK's leading professional associations for exercise and fitness, the Register of Exercise Professionals (REPs) for preparing learners for employment as a personal trainer.

VTCT Level 3 Diploma in Instructing Mat-Based Pilates

Price: £999

11 Day Course (Full time and Part time options available.)

Primary Outcome

The primary outcome of the VTCT Level 3 Diploma in Instructing Mat-Based Pilates is to prepare you to enter the specific sector of health and fitness instructing as a Pilates instructor.

Overview




The VTCT Level 3 Diploma in Instructing Mat-Based Pilates is a vocational qualification that will prepare you for a career as a Pilates instructor. This qualification is designed for learners aged 16 years or over and will support you to gain employment as a Pilates instructor, as the units contained in this qualification cover all the skills and knowledge required for this role. There are no formal entry requirements to undertake this qualification.

This is a vocational qualification and includes all the required elements to work effectively as a Pilates instructor including mandatory units covering the following: anatomy and physiology for exercise and health, principles of exercise, fitness and health, supporting clients who take part in exercise and physical activity, health, safety and welfare in a fitness environment, principles of mat-based Pilates, programming mat-based Pilates and instructing mat-based Pilates. There are no optional units.

Throughout this qualification you will develop your knowledge and understanding of the underpinning science and principles which underpin safe exercise, and the principles of Pilates. You will learn how to support your clients, you will also develop a range of technical skills enabling you to programme and instruct Pilates to groups and individual clients. You will also develop interpersonal skills that will assist you to communicate effectively with clients.

What could this qualification lead to?

This qualification will prepare you for employment as a Pilates instructor. You will also be eligible to join the Register of Exercise Professionals (REPs) as a Pilates instructor. Career opportunities as a Pilates instructor exist in a variety of contexts, including:

-  - Working at a leisure centre or private health club
-  - Freelance as an instructor providing individual and group Pilates sessions
-  - Working independently/Self-employed/Mobile/Home-based settings.

Who supports this qualification?

This qualification is based on the relevant National Occupational Standards and is recognised by one of the UK's leading professional associations for exercise and fitness, the Register of Exercise Professionals (REPs) for preparing learners for employment as a Pilates instructor.

VTCT Level 3 Diploma in Sports Massage Therapy

Price: £999

11 Day Course

(Full time and Part time options available.)

Who is this qualification for?

The VTCT Level 3 Diploma in Sports Massage Therapy is a technical level qualification aimed at developing the knowledge, understanding and technical skills needed for a career as a sports massage therapist, either employed or self-employed. This qualification was developed collaboratively with the following organisations; Active IQ, Central YMCA Qualifications, CIBTAC, ITEC and VTCT, with input from the industry through the Complementary and Natural Healthcare Council (CNHC) and the General Council for Massage Therapies (GCMT).

What does this qualification cover?

The content of this qualification is comprised of all the required elements needed to work effectively and efficiently as a sports massage therapist. This includes anatomy and physiology, professional practice, an understanding of the principles of health and fitness and how to provide sports massage treatments. The level 3 sports massage therapist will be able to work safely and effectively on dysfunctional tissue in a range of context, to include; pre-event, post-event, intra-event and for maintenance purposes.

The structure of the qualification is comprised of 5 units which are all mandatory.

- 👉 - Anatomy and physiology for sports massage
- 👉 - Principles of health and fitness
- 👉 - Understand the principles of soft tissue dysfunction
- 👉 - Professional practice in sports massage
- 👉 - Sports massage treatments

What could this qualification lead to?

Learners who complete this qualification will be able to gain employment and obtain insurance to work as a sports massage therapist.

Progression

- 👉 - VTCT Level 4 Certificate in Sports Massage Therapy (QCF)
- 👉 - VTCT Level 3 Diploma in Personal Training (Gym-Based Exercise)

Assessment

This qualification will be delivered, assessed and assured in line with the:

- 👉 - CNHC code of conduct, ethics and performance
- 👉 - Skills for Health's assessment principles
- 👉 - VTCT assessment guidance and evidence requirements

Support

- 👉 - Skills for Health
- 👉 - General Council for Massage Therapy
- 👉 - CHNC

VTCT Level 3 Award in Designing Physical Activity Programmes for Antenatal and Postnatal Clients

Price: £299

3 Day Course

The VTCT Level 3 Award in Designing Physical Activity Programmes for Antenatal and Postnatal Clients is a specialist vocational qualification focused on developing the knowledge, understanding and skills needed for working with this specialist population.

Throughout this qualification you will develop an in depth understanding of the physiological and biomechanical changes associated with pregnancy, the key considerations when programming physical activity for antenatal and postnatal clients and the benefits of physical activity. You will develop your communication and screening skills and those required to design and adapt programmes to meet the specific needs of antenatal and postnatal clients. You will also develop the ability to provide relevant and appropriate support and advice.

This qualification is recognised as Continued Professional Development (CPD) by the Register of Exercise Professionals. It also satisfies the requirements for the REPs additional category of antenatal and postnatal exercise.

VTCT Level 3 Diploma in Exercise Referral

Price: £499

5 Day Course

Who is this qualification for?

The VTCT Level 3 Diploma in Exercise Referral is a technical level qualification that provides learners with the knowledge, understanding and skills to work as an exercise referral instructor, planning and delivering safe and effective programmes for patients with a number of medical conditions.

Why is this qualification most suitable?

Learners must have one of the qualifications below, or equivalent qualifications which give entry to the Register of Exercise Professionals:

- 👉 - VTCT Level 3 Certificate or Diploma in Personal Training
- 👉 - VTCT Level 3 Diploma in Instructing Mat-Based Pilates

What does this qualification cover?

The content of this qualification is comprised of all the required elements to work effectively as an exercise referral instructor which includes: anatomy and physiology for exercise and health, professional practice, nutrition and understanding of medical conditions and reasons for referral. Learners will also be able to plan and deliver, safe and effective exercise programmes for individuals with specific medical conditions. The qualification consists of 6 mandatory units.

What could this qualification lead to?

On successful completion of this qualification you will be able to gain employment as an exercise referral instructor and will be eligible for registration onto the Register of Exercise Professionals (REPs) at Level 3.

Learners can progress onto specialist level 4 instructor qualifications such as low back pain, obesity and diabetes.

VTCT Level 4 Certificate in Sports Massage Therapy

Price: £999

12 Day Course

(Part time only offered over one weekend a month Saturday and Sunday for 6 months.)

Who is this qualification for?

The primary outcome of the VTCT Level 4 Certificate in Sports Massage Therapy is to prepare you to enter the specific sector of sports massage as a sports massage practitioner working with injured clients. All the units in this qualification relate directly to the specific job role of a sports massage practitioner.

What does this qualification cover?

The VTCT Level 4 Certificate in Sports Massage Therapy is a vocational qualification that will prepare you for a career as a sports massage practitioner working with injured clients. This qualification is designed for learners aged 16 years or over, and the units contained in this qualification cover all the skills and knowledge required for this role. Entry onto this qualification can be via previous attainment of a Level 3 qualification in sports massage therapy or an equivalent accredited qualification.

This is a vocational qualification and includes all the required elements to work effectively as a sports massage practitioner including the units, conducting subjective and objective assessment, providing sports massage techniques to prevent and manage injury, and treatment modalities to support soft tissue repair.

Specifically, this qualification will develop your knowledge and understanding of anatomy and physiology to work on post-acute injury and pre-existing conditions, dealing with musculoskeletal and para-tendon injuries.

You will develop the skills to conduct subjective and objective assessments, which will cover active, passive and resisted range of movement, detailed postural analysis, functional testing and special tests. You will also develop the skills to work safely and effectively on muscle and para-tendon injuries using a variety of soft tissue techniques and will be able to advise on treatment modalities to support soft tissue repair.

This qualification is different from the VTCT Level 3 Diploma in Sports Massage Therapy as it qualifies you to work with injured clients. The Level 3 qualification is more concerned with pre-and-post-event massage on “non-injured” tissue.

Who supports this qualification?

This qualification is based on the relevant National Occupational Standards (NOS) and is recognised by the UK’s leading professional association, the Sports Massage Association as being fit for purpose for preparing you for a career as a sports massage practitioner. Further information on the Sports Massage Association can be found on their website. (www.thesma.org)

Pack Drills (Circuits and Bootcamp Instructor Training): (16 REPs Points)

The Pack Drills (Circuits and Bootcamp Instructor Training) course is £200 and is a 2-day course. The course will include a mixture of theoretical and practical training with focus on developing your skills as an instructor. Day 2 will be a practical assessment along with a short multiple-choice paper.

Pack Pedal (Indoor Cycling Instructor Training): (16 REPs Points)

The Pack Pedal (Indoor Cycling Instructor Training) course is £200 and is a 2-day course. The course will include a mixture of theoretical and practical training with focus on developing your skills as an instructor. Day 2 will be a practical assessment along with a short multiple-choice paper.

Pack Pendulum (Kettlebell Instructor Training): (16 REPs Points)

The Pack Pendulum (Kettlebell Instructor Training) course is £200 and is a 2-day course. The course will include a mixture of theoretical and practical training with focus on developing your skills as an instructor. Day 2 will be a practical assessment along with a short multiple-choice paper.

Pack Punch/Paws (Boxing Circuit Instructor Training for Adults/Kids): (8 REPs points each)

The Pack Punch/Paws (Boxing Circuit Instructor Training for Adults/Kids) course is £200 and is a 2-day course. The course will include a mixture of theoretical and practical training with focus on developing your skills as an instructor. Day 2 will be a practical assessment along with a short multiple-choice paper. This course results in 2 qualifications.

Pack Push Pull (Indoor Resistance Instructor Training): (16 REPs Points)

The Pack Push Pull (Indoor Resistance Instructor Training) course is £200 and is a 2-day course. The course will include a mixture of theoretical and practical training with focus on developing your skills as an instructor. Day 2 will be a practical assessment along with a short multiple-choice paper.

Pack Straps (Suspension Instructor Training): (8 REPs Points)

The Pack Straps (Suspension Instructor Training) course is £120 and is a 1-day course. The course will include a mixture of theoretical and practical training with focus on developing your skills as an instructor. There will be a practical assessment at the end of the day.

Pack Wrap and Strap (Sports Taping Training): (8 REPs points)

The Pack Wrap and Strap (Sports Taping Training) course is £120 and is a 1-day course. The course will include a mixture of theoretical and practical training in wrapping and taping for physical activity and injury treatment.

FAQs

What time do the courses run?

Monday - Saturday 09:30 to 15:30

Sunday 10:00 to 16:00

Where are the courses based? - Current:

ATP High Performance Gym

Unit 6 Carryduff Business Park, Comber Road

Carryduff, BT8 8AN

How do I book a place on a course?

Course bookings will require a deposit of £200 with the final balance to be paid on the first day of the course, if not before. Bookings can be made over the phone, online or in person at our office in Loughmoss Leisure Centre.

If booking onto one of the Pack Fit CPD course, payment of the full course cost will be required.

How can I make a payment?

Payments can be made in cash, via bank transfer, by credit/debit card or by gift vouchers available on our website

What is your policy on cancellations?

- Cancellations will require 30 days of notice, all cancellations will forfeit your deposit.
- Cancellations made with less than 7 days-notice will forfeit the full balance of the course.
- If you fail to show up on the day of the course, cancel your attendance on the course day and/or have given no written notice that you will not be attending the course, then the full course fee is non-refundable and non-transferable.
- While we try to facilitate every students' circumstances to our best ability, Alpha Training NI Ltd. will not accept responsibility for students' changes to work commitments, illness or personal circumstances that result in absence from a course and will not transfer or refund fees.
- If course numbers are not met the course will be rescheduled for the next planned rotation.
- Alpha Training (N.I.) Ltd. reserves the right to cancel or postpone courses at their own discretion for reasons including but not limited to tutor unavailability, acts of nature, security concerns or insufficient course registrations.

What are the prerequisites for courses?

For the majority of courses, the prerequisite is Anatomy and Physiology is included in most of our courses and the price of the course. if you have any queries regarding this please contact us. Other prerequisites for courses will be provided via course enquiries.

How do I become a personal trainer?

To train as a personal trainer you will first require a qualification as a level 2 fitness instructor in gym-based exercise. The fitness instructor course will provide you with the basic knowledge and understanding of anatomy and physiology for physical activity, along with the essentials in how to employ safe and effective technique when using the equipment found in most gyms, and as a result provide a first-rate gym induction. From here the next step will be the level 3 personal trainer course. This course will build upon the knowledge from your level 2 fitness instructor qualification to educate you on how to not only develop bespoke training programmes for a range of goals and client types, but also how to offer them nutritional advice to support those programmes.

Do I need insurance?

We recommend all students, no matter what level and area of qualification to have the requisite insurance.

What is the difference between a fitness instructor and a personal trainer?

A fitness instructor will be qualified to work in a gym environment providing gym inductions and basic training programmes for new gym goers, ensuring they get the most of their gym experience. They may check in with the members from time to time and give them new programmes to try out, and also deliver various group exercise classes if they have the corresponding qualifications.

A personal trainer can develop much more intricate programmes to suit a client on an individual level for their own personal goals. They will train their clients on a one-to-one or small group basis with consistent check-ins and reviews to ensure they are meeting their goals. They may also provide nutritional advice to support their clients' programmes.

When will I receive my certificate?

Learners should be aware that the awarding organisation will issue certificates on successful completion of the course and on the basis that an External Verifier will audit all portfolios and approve standards at least twice per year. A delay may occur, and this is outside of Alpha Training (N.I.) Ltd.'s control.

To enable Alpha Training (N.I.) Ltd. to speed up the certification process all completed portfolios must be submitted to the assessor within the given time frame advised. Failure to comply with this submission of work will delay the issuing of certificates.

What are the professional role boundaries of my qualification?

Level 2 Fitness Instructor (Gym-Based Exercise):

- 🐾 -You can work in a gym
- 🐾 -You can offer gym inductions
- 🐾 -You can take group exercise classes if you have the relevant qualifications
- 🐾 -You can offer basic templates of programmes for gym members
- 🐾 -You cannot develop bespoke progressive and long-term training programmes
- 🐾 -You cannot accept members as 'clients'
- 🐾 -You cannot practise or advertise as a special populations instructor

Level 3 Personal Trainer:

- 🐾 -You can take clients on a one-to-one or small group basis
- 🐾 -You can develop bespoke progressive and long-term training programmes
- 🐾 -You can offer nutritional advice to support physical activity
- 🐾 -You can regularly set and review goals with clients
- 🐾 -You cannot practise or advertise as a special populations instructor
- 🐾 -You cannot diagnose injuries or ailments
- 🐾 -You cannot prescribe diet/nutrition plans for clients
- 🐾 -You are not qualified as a kettlebell/spin/circuits/boxing/suspension class instructor from this qualification

Level 3 Sports Massage Therapy:

- 🐾 -You can treat clients for general pains, strains and fatigue
- 🐾 -You can provide general maintenance treatments for clients
- 🐾 -You can develop a treatment plan for multiple sessions
- 🐾 -You can offer basic aftercare advice, stretches and exercises to prevent relapse and improve mobility
- 🐾 -You cannot diagnose injury or ailments
- 🐾 -You cannot provide long term progressive exercise programmes
- 🐾 -You are not qualified as a physiotherapist from this qualification

Level 4 Sports Massage Therapy:

- 🐾 -You can treat more specific injuries
- 🐾 -You can screen and assess clients for developing a treatment plan
- 🐾 -You can employ more advanced techniques for treatments
- 🐾 -You cannot diagnose injury or ailments
- 🐾 -You cannot provide long term progressive exercise programmes
- 🐾 -You are not qualified as a physiotherapist from this qualification

