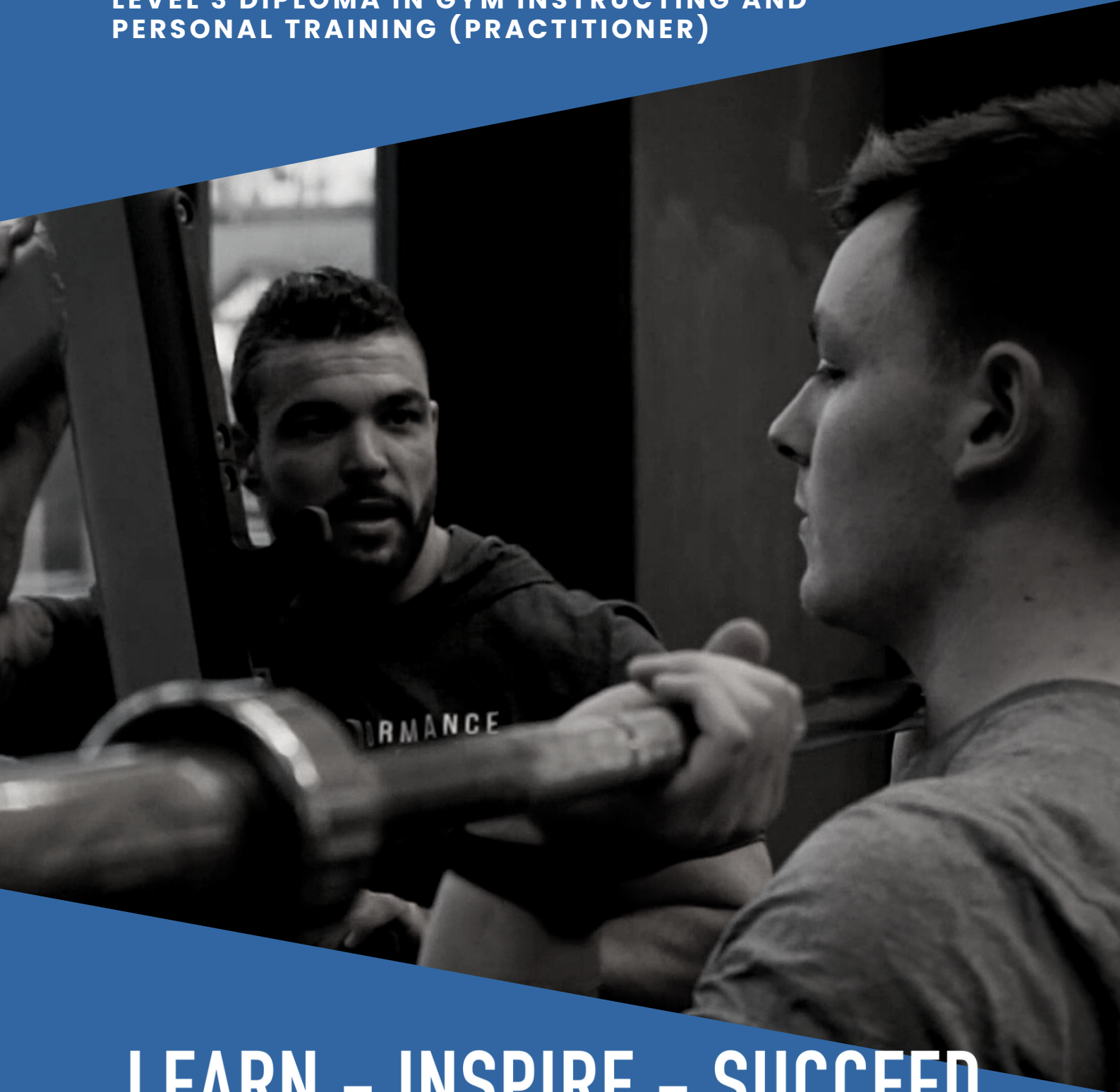


PERFORMANCE TRAINING ACADEMY

COURSE PROSPECTUS – RPA **LEVEL 3 DIPLOMA IN GYM INSTRUCTING AND** **PERSONAL TRAINING (PRACTITIONER)**



LEARN – INSPIRE – SUCCEED

www.PerformanceTrainingAcademy.com





ABOUT US

Performance Training Academy was founded in 2010 by Ashley Hough, a personal trainer who previous to setting up this Academy had accumulated 8 years of industry knowledge by running his own fitness business,

This experience is what has made Performance Training Academy such a successful and rewarding learning journey for our students. You wont just learn how to pass a course, you will learn how to apply this knowledge successfully to your own client base.

All of the additional team members at Performance Training Academy are all active fitness professionals with their own successful personal training businesses. Ensuring that you learn from those who are a relevant part of the health and fitness industry and who also have the necessary industry experience to teach our courses.

A career in the health and fitness industry is a very rewarding one. Whether you want to qualify as a personal trainer, sports massage therapist, pilates instructor or a group exercise instructor, we can guarantee that you will be pursuing a career that you will love.

All of our courses are designed to empower you to become an excellent addition to the health and fitness industry and to ensure you provide the best possible service to your future clients, giving you the successful career that you deserve.

Our courses are accredited by YMCA Awards & Active IQ and are recognised by the standardising bodies of the industry - REPs (The Register of Exercise Professionals) and CIMSPA. Our qualifications are globally recognised meaning that you can work in the UK or internationally as a fitness professional.

This prospectus is to ensure you have a full overview of our Level 3 Diploma in Gym Instructing and Personal Training course, and to give you a detailed overview of how our fully online delivery can fit in with your rugby playing commitments.

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Working with the Rugby Players Association, Helping professional athletes to be set up for life away from rugby



Our relationship with the Rugby Players Association stretches back to 2013. Since then we have continued to work with professional rugby players from Premiership Clubs all the way down through to county rugby, supporting players through their education in both the UK and overseas.

We have had the pleasure of working with players from clubs such as Exeter Chiefs, Bristol Bears, Newcastle Falcons and Saracens. As well as working with many international players whose rugby career takes them to France or Australia.

The reason our course works well for those who are enjoying their career as a professional rugby player is because our qualification is fully online and fits in seamlessly around your playing and training commitments.

Our Level 3 Diploma in Gym Instructing and Personal Training course gives you a further career choice and is a natural transition from rugby. All of the skills a professional athlete obtains from training and coaching to the highest level really lends itself to everything that we teach in this course, and what you will be doing when coaching others in a personal training aspect.

Players who have qualified as a personal trainer around their rugby playing and training commitments have often set themselves up as gym owners and self-employed personal trainers when the time is right for them to walk away from rugby. This course gives you the options that you need for a very like for like transition as you will be working in a field that is already very familiar to you.

Some players even use this qualification to do some self-employed work on the side around their rugby career to boost their income.

As part of the education of this course, we will support you fully on the business development side and will be at hand to work with you while you do this, even if you do not choose to do so until a few years after qualifying as you may be sitting on this until you finish playing full time rugby. We are always here to help you create a business and support you in doing so whenever you choose to move forward with it, and you will have access to our extensive online learning and resource platform for life.

PERSONAL TRAINER COURSE OVERVIEW

The full Personal Training qualification is covered over two levels - the Level 2 Certificate in Gym Instructing and then the Level 3 Diploma in Personal Training (Practitioner).

You can complete these one at a time, or you can combine these together (best option) by choosing to enrol on to the Level 3 Diploma in Gym Instructing and Personal Training (Practitioner) course.

Level 2 Certificate in Gym Instructing

Pre-requisites

There are no previous qualifications or experience needed to start your journey to becoming a personal trainer. We teach you everything you need to know.

Units covered

- Lifestyle management and health awareness
- Providing a positive customer experience in the gym environment
- Anatomy & Physiology
- Gym-based programme design
- Programme delivery and professional instruction

Assessments

- Level 2 Anatomy & Physiology online exam
- End-of-unit online quizzes
- Online Learner Assessment Record - Gym client programme and delivery
- Practical assessment

Level 3 Diploma in Personal Training

Pre-requisites

You must have completed the 'Level 2 Certificate in Gym Instructing' course prior to the 'Level 3 Diploma in Personal Training'.

Units covered

- Anatomy & Physiology
- The role of a Personal Trainer
- Promoting wellness through client motivation and interaction
- Bespoke exercise programme design
- Exercise instruction and communication
- Nutrition to support physical activity
- Business acumen for a successful personal training business

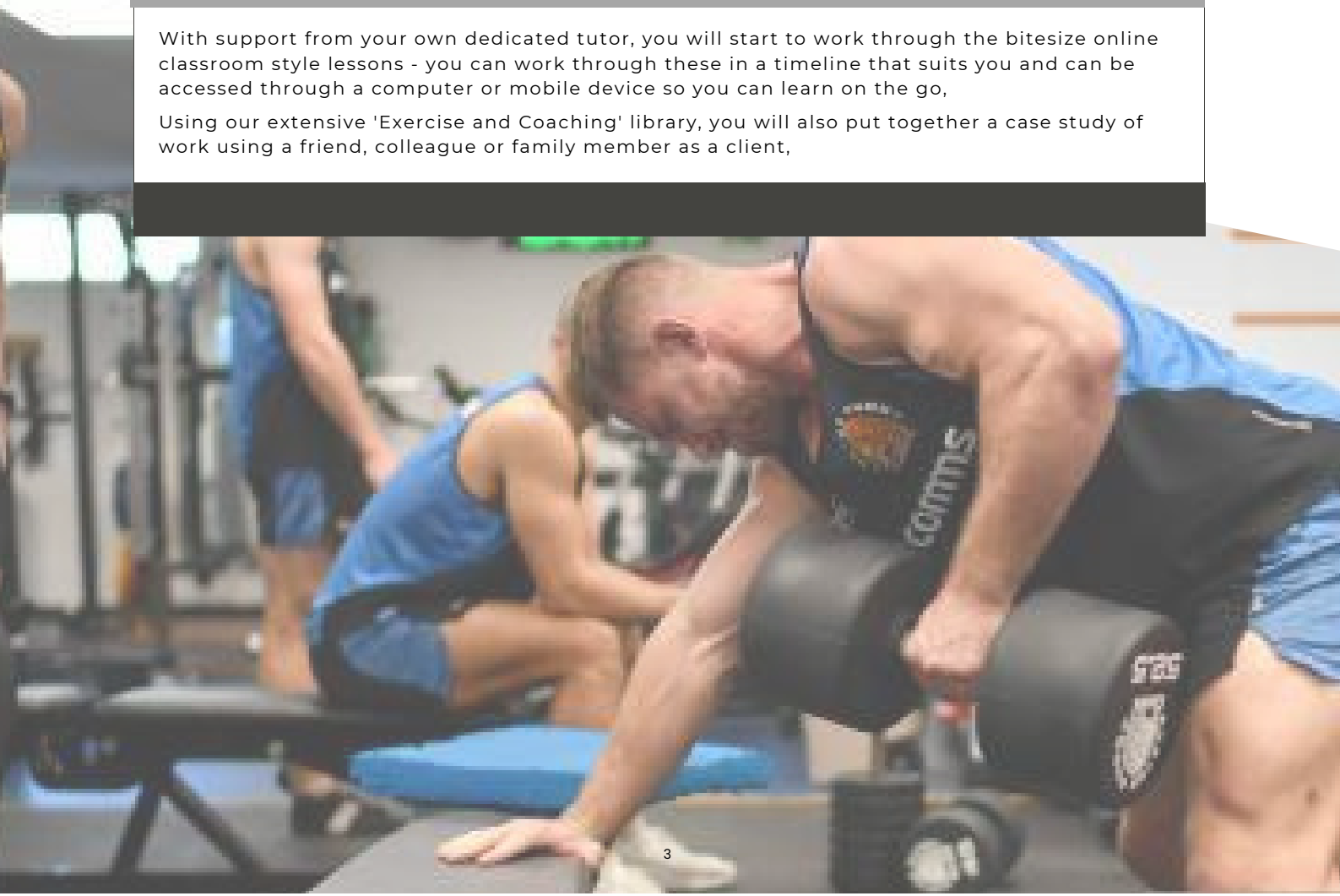
Assessments

- Level 3 combined Anatomy & Physiology and Nutrition online exam
- End-of-unit online quizzes
- Online Learner Assessment Record - Personal Trainer case study
- Practical assessment

Delivery

With support from your own dedicated tutor, you will start to work through the bitesize online classroom style lessons - you can work through these in a timeline that suits you and can be accessed through a computer or mobile device so you can learn on the go,

Using our extensive 'Exercise and Coaching' library, you will also put together a case study of work using a friend, colleague or family member as a client,





THE LEVEL 3 DIPLOMA IN GYM INSTRUCTING AND PERSONAL TRAINING

Your online learning platform

Our Personal Training course has been designed to allow you to start your learning as soon as you enrol using our extensive online learning platform. This platform is to support you through your studies and also to be a point of reference for you when you are working with your paying clients as a Personal Trainer - You will have lifelong access to this.

Once you enrol, your course tutor will be in touch within 24 hours to arrange an assessment plan call. This will allow us to ensure you have a full understanding of how to get started with the course content, to allow you to ask any questions that you may have, and so that together we can set a timeline of completion to aid motivation and give you targets to aim for,

You will be fully supported throughout your online studies, with regular check ins from your tutor, and even scheduled accountability calls if it helps.

The online learning platform is made up of bitesize classroom style lessons, allowing you to learn at home or on the go. For an explainer of what our online content looks like and how it is used for your studies and for your career, you can watch the short video below:

[Online Learning Platform Insight](#)

As well as hosting your course content, the online learning platform also hosts an extensive '**Exercise and Coaching Library**' to again support you through your studies and to be used as a point of reference when working with clients in your future career as a Personal Trainer.

Our online platform is also a hub of resources that have been created with a number of different leading fitness professionals. This has allowed us to produce a wealth of knowledge to benefit you in the health and fitness industry, including podcasts, blogs, videos, and e-Books, all on the subject of training, nutrition, business development, mindset and much more.



Assessment Overview and Timeline to completion

Before enrolling onto any course, you should have a clear outline to completion, ultimately to not just give you motivation with your studies but to ensure you can get everything in place ready for you to launch your fitness business, to start building your client base and to get a return back on your investment into your education and future career.

An assessment plan meeting that you will have with your course support tutor once you enrol will adapt this timeline to suit your needs and busy lifestyle. Below is an average timescale that can be worked towards to complete your studies (note: this is just an example, it can be done in a much shorter timescale or can be spread out over a longer duration - we will adapt the course to your needs).



Week one

- Enrolment.
- Assessment plan meeting and Q&A (15-30 minute phone call).
- Opening lessons - Our ethos, vision for the our future fitness professionals, study guides and business plan/goal setting.
- Start 'Lifestyle management and health awareness' unit.



Week two

- Complete 'Lifestyle management and health awareness' unit.
- Complete end-of-unit quiz for 'Lifestyle management and health awareness'.



Week three

- Complete 'Providing a positive customer experience in an exercise environment' unit.
- Complete end-of-unit quiz for 'Providing a positive customer experience in an exercise environment'.
- Start 'Anatomy & Physiology' unit.



Week four

- Continue 'Anatomy & Physiology' unit.



Week five

- Complete 'Anatomy & Physiology' unit.
- Complete end-of-unit quiz for 'Anatomy & Physiology'
- Complete the 'Anatomy & Physiology' Level 2 online multiple choice exam.
- Start the 'Gym-based programming 'planning and preparation' and 'Delivery and professional instruction' unit.



Week six

- Complete the 'Gym-based programming 'planning and preparation' and 'delivery and professional instruction' unit.
- Complete elements of your Level 2 Learner Assessment Record - Knowledge questions and client consultation.



Week seven

- Complete the opening lessons of the Level 3 content - 'Your role as a Personal Trainer'.
- Start the 'Promoting wellness through client motivation and interaction' unit.



Week eight

- Complete the 'Promoting wellness through client motivation and interaction' unit.
- Complete the end-of-unit quiz for the 'Promoting wellness through client motivation and interaction' unit.
- Start the 'Bespoke exercise programme design' unit.



Week nine

- Complete the 'Bespoke exercise programme design' unit.
- Complete the end-of-unit quiz for the 'Bespoke exercise programme design' unit.



Week ten

- Complete the 'Customised exercise programme instruction and communication techniques' unit.
- Complete the end-of-unit quiz for the 'Customised exercise programme instruction and communication techniques' unit
- Start the 'Nutrition for physical activity' unit



Week eleven

- Complete the 'Nutrition for physical activity' unit.
- Complete the end-of-unit quiz for the 'Nutrition for physical activity' unit
- Complete the combined multiple choice exam for Level 3 Anatomy and Nutrition



Week twelve

- Complete the 'Business acumen for a successful personal training business' unit.
- Complete the end-of-unit quiz for the 'Business acumen for a successful personal training business' unit
- Complete elements of the Level 3 Learner Assessment Record.

Note: This is an example. The course is designed to suit your own timescale, lifestyle and commitments. It can be done in a shorter timescale or delivered over a longer duration for you.

Some players choose to spread the course out over a whole season or more which is perfectly fine and works just as well.

Course completion

As you work through the online lessons, your course tutor will help you to put together a body of work in the form of a client case study. This will allow you to apply what you have learnt to a friend, family member or colleague. This assessment sets you up perfectly for the health and fitness industry as it gives you the chance to actually work with an individual as if they were a paying client.

This work will include client consultations, delivering a gym programme specific to your case studies' goal, taking them through a course of Personal Training sessions and analysing their lifestyle needs and nutritional intake. Essentially you will be performing the role of a personal trainer, a role that you will be expected to do competently with each of your future Personal Training clients.

You will be required to be assessed performing consultations and a delivery or exercise as you work through the course and work with your client(s). This can be submitted via a filmed assessment or as a 'live' in-person assessment, whichever suits you better.

We find that rugby players who have spent a lot of their playing career training, coaching others and working with the community have a natural transition to this part of the course.



What happens once you are qualified?



We feel that it is so important that you get the return back on the investment that you have made on your education. Therefore we do everything we can to help our students to start building a client base and earning an income that will benefit their lifestyle, family, needs and goals.

This is why we encourage our students to start building the foundations of their business as they start to work through their studies.

As with everything your course tutor will educate you on how to put these foundations in place and help you with the necessary platforms to all successful businesses, including:

- Website design and function
- Social media platforms
- Business plan and goal setting
- Advertising and marketing plans
- Content creation
- Administration

If these foundations are being considered and actioned as you study, by the time you are fully qualified you can then focus on building your client base and giving your clients the full attention that they deserve.

Many times when a student has focused on these aspects of their future business, and has also shared their story and learning progress on social media, they often have paying clients ready to go as soon as they are qualified.

The support from us will continue after you are qualified. Whether you have questions or need help with your business set up, or if you want some guidance on how to design programmes for a clients training goal, you can contact us whenever you wish.

Why do we offer this? Firstly it is always great to keep in contact with all of our students as we build a great rapport with them throughout their learning journey, and secondly because most of the questions will come when you are training your 'real-life' clients.



Support

Having support at every step of the way for your studies is vital to ensure you get the most out of the course and that you are set up correctly for the industry, in a theoretical, practical and even from a business standpoint,

This support will be there throughout your studies, we can even schedule regular accountability calls to keep you progressing in a timely manner that suits your goal.

Your tutor will be at hand at any point should you have any questions, or need any help and advice. They will also schedule the online multiple choice exams for you and to assist you with revision, any of your case study work and preparation for assessments.

But, from being involved in the health and fitness industry since the early 2000s, we are very aware that individuals need support the most after they have qualified. This is when an individual will be looking to build their business and will be working with their new clients. Therefore we are at hand to help you with this important stage of your career,

If you have any questions when it comes to your business growth and working with your clients, you are still encouraged to get in touch with your course tutor to ask any questions. Don't forget, you will also have access to all of your lessons, including the practical workshop lessons and the extensive 'Exercise and coaching library' within your online learning platform.

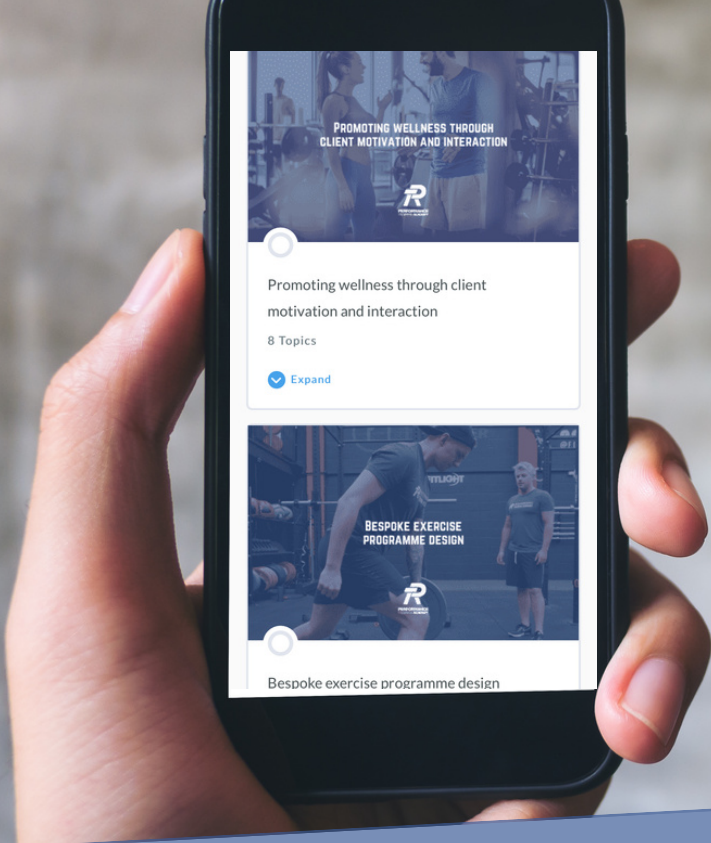
Any new resources we release will also be available within this online platform too - including e-Books, podcasts, articles, videos, blogs and more, encouraging you to continue to develop as a professional and to be able to show continued professional development (a requirement for the standardising bodies within this industry - REPS and CIMSPA).

LEARN – INSPIRE – SUCCEED

We have designed this course to give you everything you need to have a stress-free and enjoyable learning experience.

The course content has been built on years of industry experience from a number of leading fitness professionals, ensuring you have industry relevant knowledge. We hope you are inspired by the great subject knowledge for this qualification, and are then motivated to inspire those around you and your future clients.

Importantly though, we want to see you succeed in the health and fitness industry. Every student that we can support and educate into the career that they desire will be reflecting this knowledge and in turn help us to raise the standard of the health and fitness industry.



Learn on the go

You can access your course content at anytime, allowing you to fit in your studies at times to suit you



Even when you are out running, training or walking.. you can still learn from leading fitness professionals by listening to our podcast episodes.

Listen on  Apple Podcasts

 Spotify

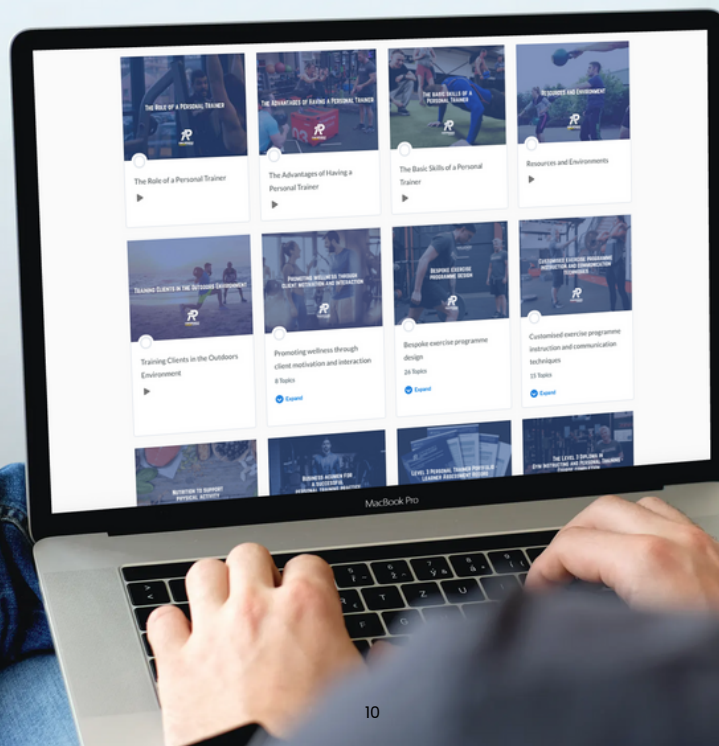


To enhance your learning, we have an extensive library of 'How to...!' videos on training, nutrition, business growth and more...

 YouTube

Exams at home

You can complete all of the theory assessments from the comfort of your home



What our students are saying...



Tom Johnson - Exeter Chiefs and England

"I found the course content to be up to date, relevant and practical in today's ever changing world of fitness and health. I managed to do this whilst still undertaking my full time job as a professional rugby player due to this flexibility.

This level 3 personal trainer course has left me with confidence both in a coaching sense and theoretical sense. I would recommend this course to any one who is looking to become a personal trainer"

Charlie Powell - Bristol Bears

"This qualification is awesome and really flexible - it worked well around my rugby commitments as I could do as little or as much as I was able to.

The course was really informative and I know this knowledge will be great for me for my future.

If anyone is considering a career in the fitness industry then I can not recommend this course enough".



Altan 'Oz' Ozdemir - Bristol, Harlequins, Exeter Chiefs

"The course was very informative and filled in the gaps in my knowledge around training and nutrition.

This course allowed me to open my own facility and create my own business on the back of my playing career.

Work out what you want to do post-rugby - Speak with Ash at Performance Training Academy to help with this and to see how you can fit into the fitness industry."

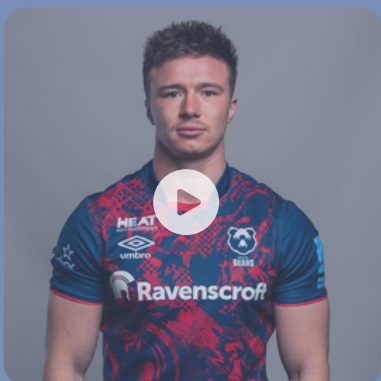
Joe Snow - Exeter Chiefs, Coventry

"Personal Training is definitely something that I can see myself doing in the future, and the coaching aspect is something that I am already doing in my day to day role as a rugby player.

This course was very enjoyable and made easy for me to complete, alongside my full time schedule as a professional rugby player"



Watch some of our video testimonials:



Players have we worked with



**SANTIAGO CORDERO -
BORDEAUX BEAGLES AND ARGENTINA**



**SAM HILL -
SALE SHARKS AND EXETER CHIEFS**



**MAX BODILLY -
EALING TRAILFINDERS AND EXETER CHIEFS**



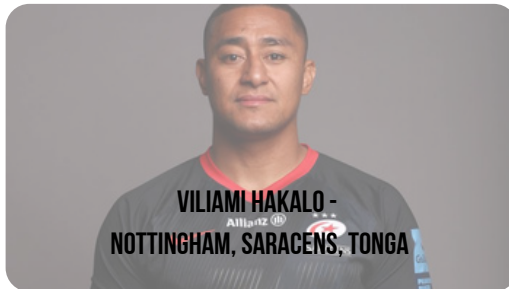
**JOEL CONLON -
SARACENS AND EXETER CHIEFS**



**JACK INNARD -
EXETER CHIEFS**



**ALBY MATHEWSON -
TOULON, MUNSTER, NEW ZEALAND**



**VILIAMI HAKALO -
NOTTINGHAM, SARACENS, TONGA**



**GENESIS MAMEA-LEMALU -
PERPIGNAN, SAMOA**



Watch some of our video testimonials:





HOW MUCH IS THE COURSE, AND HOW WILL I GET A RETURN IN MY INVESTMENT?

We have worked with the Rugby Players Association to help both the younger squad players through to those who are looking towards the end of their playing career and are looking to set themselves up for life after rugby.

For us to help and support the players we are offering this course at a highly discounted rate.

Our Level 3 Diploma in Gym Instructing and Personal Training course retails at **£1995**. For rugby players and those associated with the RPA (including their partners) we can offer you this complete course for:

~~£1995~~ **£995**

This includes everything that you need to get qualified as a recognised Personal Trainer, lifelong access to all of our lessons, exercises libraries and resources, and full support throughout your course and for when you choose to set up your business (even if a few years after qualifying).



Here is a snippet from our 'How to build your business as a fitness professional' eBook to show potential earnings



"Cash Flow Projections

The following is based on a Personal Training rate of £35 per session:
 (note: This is just one avenue to explore, other options would include running a gym with Personal Trainers working out of your facility, or setting up as an online coach - all is discussed on our course)

Number of sessions per week	Weekly Income	Annual Income (based on 48 weeks)
8	£280	£12,880
10	£350	£16,100
12	£420	£19,320
14	£490	£22,540

Not bad so far right? Remember this is all very attainable if you apply yourself and chase your goal... Let's take it a step further.

From my own experience as a Personal Trainer, and from feedback from previous students and other Fitness Professionals, a good weekly '1to1' Personal Training session target is 25 - 35. This requires a good hard working week with maximal great job satisfaction and is financially rewarding.

Number of sessions per week	Weekly Income	Annual Income (based on 48 weeks)
25	£875	£40,250
28	£980	£45,080
32	£1120	£51,520
35	£1225	£56,350

These figures are not designed to sell a course they are simply the realistic projection of what is achieved if you are consistent with your marketing and you correctly promote yourself and your brand for ultimate business growth.

So whats the catch?....."



For further details on how to grow your fitness business, what overheads you can expect, and to find out how you can even take your income up and above the £60k per year mark, you can download the 'How to build your business as a fitness professional' eBook for free from our homepage.

www.PerformanceTrainingAcademy.com

The purpose of that extract was to show what you can realistically earn as a Personal Trainer. You can really build a business that will suit your income expectations, and how you want this to fit in around your lifestyle and family commitments.

Some of our students and collaborators at Performance Training Academy want to earn as much as they can and through hard work, and getting the foundations of their business in place, are now earning around £50k per year. Whilst others had a different goal and wanted to earn around £25k per year and preferred to fit this work in and around their kids and home life.

The exciting thing about this qualification, and building your business on the back of this course, is that you can really make it work for you. On our Personal Training course, we encourage you to think about the foundations of your business whilst you complete your studies, enabling you to be set up and ready to go as soon as you are qualified, sometimes even with paying clients ready to go.

We will support you every step of the way, as you progress through your studies, the early stages of your business development, and even when you are actively working in the industry,

If you would like more information about our course structure, and to discuss how you can setup your own business in the health and fitness industry, contact us direct by clicking on the link below and we will be more than happy to help.

[Get in touch](#)

Further education



Level 3 Diploma in Teaching Pilates

Learn the full Joseph Pilates repertoire, as well as extensive pilates coaching techniques, and become an industry recognised Pilates instructor. For more information on this qualification visit the course page by clicking on the link below:

[View Pilates course](#)

Level 3 Diploma in Sports Massage Therapy

Add another service to your fitness business, or become qualified as a stand-alone Sports Massage Therapist with our Sports Massage qualification. For more information on becoming an industry recognised Sports Massage Therapist, click on the link below:



[View Sports Massage course](#)



Business and Marketing for the Fitness Professional

To assist our students even further, we have produced a course that teaches you everything you need to know to build the successful fitness business that you deserve. For more details click on the link below:

[View Business and Marketing course](#)

Advanced Nutrition

Great nutrition knowledge is of utmost importance for all Personal Trainers, which is why we have created our advanced nutrition course. For more details click on the link below:

[View Advanced Nutrition course](#)



For a full list of courses, visit our homepage at:
www.PerformanceTrainingAcademy.com

A photograph of a woman in a gym setting, looking slightly to the right. She is wearing a dark top and has her hair pulled back. Her hands are on a piece of gym equipment. In the background, another person is partially visible, wearing a dark t-shirt with a logo. The image is overlaid with a dark, semi-transparent diagonal shape.

What to do next?

We hope this course prospectus for our Level 3 Diploma in Gym Instructing and Personal Training (Practitioner) course has helped with your decision making.

If this is the course and career for you and you are ready to enrol, you can simply click on the link below to get you started:

[Click here to enrol](#)

As soon as you book the course, you will be set up immediately with your online learning platform and your course tutor will be in touch to get you started and to discuss the course assessment plan.

If you have any questions and would like to talk about our course structure and your future career as a Personal Trainer, click on the link below to contact a course support tutor and they will be straight back in touch with you and will be more than happy to discuss everything further with you.

[Click here to contact us](#)

We look forward to supporting you with your studies, and helping you with your career in the health and fitness industry as an industry recognised Personal Trainer.

LEARN - INSPIRE - SUCCEED