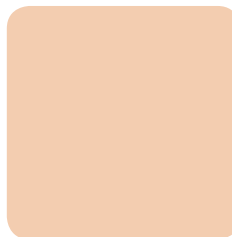


Personal Training

with NSPP Vocational Training



More skills *create opportunities*



www.nspp.co.uk

Personal Training

Build a career helping people achieve their health and fitness ambitions.

► Level 2 Fitness Instructor & Level 3 Personal Trainer combined course

This Diploma is designed for those who want to work as a personal trainer within a gym environment.

Some of the units you will complete are:

- How to review, evaluate and adapt a personal training programme to meet a client's lifestyle changes
- Write programmes using effective cardiovascular and resistance training systems for an individual to meet specific training goals
- Perform a range of specific health and fitness assessments, such as blood pressure, cardiovascular fitness, flexibility and body fat percentage
- Review food diaries in order to provide nutritional guidelines based on individual goals



Why train with NSPP

Our comprehensive course blends theoretical know-how with practical competence so you'll make a real difference to your clients' health and wellbeing.

We deliver the Central YMCA qualification (CYQ) over 8 weeks, 2 days per week (9am-5pm). Weekend courses are available on request.

This course is fully funded via the Learner Loan scheme so you won't have to pay anything upfront.



To find out more call **01457 238014** or visit **www.nspp.co.uk/personaltraining**