

Prospectus

Offering a range of fitness course options to best suit you



Academy of
Fitness Professionals
Your Route to Success



SkillsActive
More People, Better Skills, Better Qualified



ncfe.



World Class Fitness Courses

Gold standard fitness education

Becoming a Personal Trainer has never been easier. Here at the Academy of Fitness Professionals we deliver affordable REPs accredited training courses enabling you to excel in your chosen fitness career.

What's more our courses are endorsed by REPs, Skills Active and the National College of Further Education, so our learners know they're in expert hands.

If you're keen to learn the latest techniques, our teams passion for personal training has taken us to California and beyond, giving our learners exclusive access to internationally recognised fitness concepts.

That's what we call the gold standard in fitness education.



Our Courses

A choice that's right for you

Our aim is to make sure you choose the best course and route to qualifying for you, linked to your ultimate career goals.

We offer a range of options matched to different learners needs and career plans.

Each course is carefully designed to suit the various ways our learners like to study. What's more with all our courses we're always on hand to assist, making qualifying with us simple and straightforward.

To find the course that's right for you, take a glance at the brief descriptions on the next page, then refer to the relevant section for more details.

VIP Treatment

At the Academy of Fitness Professionals we always strive to give our learners something extra.

So when you qualify with us you'll work with a dedicated tutor who will support your study and be a readily available source of help and advice every step of the way.

Testimonials

[Click here to view our latest testimonials.](#)



Great Training at Great Prices

Quality and prices you can rely on

Our great prices are part of our DNA. We are proud to deliver high quality training at affordable prices helping individuals excel in their chosen fitness career and progress to become successful Fitness Instructors and Personal Trainers.



Fitness Instructor

The perfect start point for aspiring Fitness Instructors and Fitness Professionals. Choose from the Certificate or Diploma qualifications and achieve level 2 REPs recognition and 20 CPD's.



Personal Trainer

If you already have your level 2 our level 3 qualification will enable you to become a Personal Trainer.

Choose from our Certificate or Diploma qualification and achieve level 3 REPs recognition and 20 CPD's.



Personal Trainer Certificate Package

Simplicity itself – our most cost effective and quickest route to achieving your level 2 and 3 qualifications.

Take advantage of our combined course and gain your level 2 Certificate in Fitness Instructing and level 3 Certificate in Personal Training.



Personal Trainer Diploma Package

Advanced learning – our Diploma package takes your learning that little bit further at an affordable price.

Perfect for those with access to a gym based workplace our Diploma package leads to your level 2 NVQ Diploma in Instructing Exercise & Fitness and level 3 Diploma in Personal Training.



Level 2 Fitness Instructor Courses

Making it simple to start your new career

Learning Made Easy

This course equips you with the skills to plan, deliver and evaluate safe and effective exercise programmes for gym members.

Carefully designed to incorporate the very latest in exercise techniques our graduates gain a solid foundation in fitness from which they build a rewarding Fitness Instructor career.

You'll study your course theory from home working alongside your personal tutor. This puts you firmly in control of when and where you study giving you the flexibility to fit your level 2 qualification in and around your current work, family, social and leisure commitments.

One Course Doesn't Fit All

We recognise our learners are individuals working to different budgets, timescales and career plans and we're proud to provide a range of options to choose from.

Our competitively priced Certificate option teaches you all the theory and practical knowledge you need to qualify at REPs level 2 and commence your exciting new Fitness Instructor career.

Alternatively if you are seeking a more in-depth course, have access to a gym-based work setting and are keen to learn the supervisory aspects of Fitness Instructing our Diploma is perfectly suited.

For more information on Fitness Instructor Courses contact us at: info@aofp.co.uk or call 0845 270 1990.

Level 2 Certificate in Fitness Instructing

An all-encompassing qualification ensuring you're ready to secure work in a gym based role.

- ✓ Comes with 20 CPD's
- ✓ Join REPs at level 2
- ✓ Qualify from 6 weeks
- ✓ Our best value Fitness Instructor course

PAY IN FULL PRICE **£475 (SAVE 20%)**

No. of instalments	3		6
Monthly Price (£)	198		99

Level 2 Diploma in Instructing Exercise and Fitness

An advanced Fitness Instructor course leading to a National Vocational Diploma Qualification.

- ✓ Comes with 20 CPD's
- ✓ Join REPs at level 2
- ✓ Become an accomplished Fitness Instructor with the supervisory skills to match.

PAY IN FULL PRICE **£695 (SAVE 20%)**

No. of instalments	3		6
Monthly Price (£)	290		145



Level 3 Personal Trainer Courses

Learn with certainty

Choose from our fast-track, best value Personal Trainer Certificate course or the advanced Personal Trainer Diploma. You'll be rewarded with a qualification as a REPs recognised Personal Trainer, ready to start working with your very own clients.

Pick Your Perfect Course

We understand that our learners are looking for different things from their course. That's why our Personal Trainer courses all enable you to join REPs at level 3, obtain 20 CPD's and be work ready once qualified. With this assurance you can choose the course and level of investment that suits you best.

Our Certificate option includes all the theory and practical knowledge you need to qualify and start building your Personal Trainer career.

Alternatively if you are looking for an advanced course, have access to a gym-based work setting and are keen to delve into specialist aspects of Personal Training, associated client work and programme design our Diploma course is the ideal choice.

For more information on level 3 Personal Trainer Courses contact us at: info@aofp.co.uk or call **0845 270 1990**.

Level 3 Certificate in Personal Training

An all-encompassing qualification ensuring you're ready to secure work in a gym setting or on a freelance basis. Most graduates at the Certificate level choose to work as a Personal Trainer in a gym or self-employed running their own PT business. Either way once you've qualified with us you'll be ready to teach, coach, educate and motivate a diverse mix of clients seeking to improve the way they look, exercise and function.

- ✓ Comes with 20 CPD's
- ✓ Join REPs at level 3
- ✓ Qualify from 6 weeks
- ✓ Our best value Personal Trainer course

PAY IN FULL PRICE **£895 (SAVE 20%)**

No. of instalments	3		6
Monthly Price (£)	373		187

Level 3 Diploma in Personal Training

An advanced Personal Trainer course leading to a National Vocational Diploma Qualification. At Diploma level we teach specialist fitness assessment techniques to equip you with the skills to work with specialist client groups from the outset.

- ✓ Comes with 20 CPD's
- ✓ Join REPs at level 3
- ✓ You'll become an accomplished Personal Trainer with the potential to maximise your hourly rate from the outset and work with specialist groups such as obesity and seniors.

PAY IN FULL PRICE **£1495 (SAVE 20%)**

No. of instalments	3		6
Monthly Price (£)	623		312



Personal Trainer Certificate Package

All the qualifications you need

If you don't currently hold any fitness qualifications we've made it simple with our exclusive course package.

You'll gain your level 2 Certificate in Fitness Instructing and your level 3 Certificate in Personal Training, everything you need to kick-start your exciting new career.

Your Career Goals are Our Goals

If you're starting from scratch this is our best value course package. With professional, friendly tutor support on hand every step of the way and all course materials included as standard, you can be confident that we want you to succeed.

You'll study your level 2 and level 3 course theory from home working alongside your personal tutor. This puts you firmly in control of when and where you study giving you the freedom to fit your learning into your current lifestyle.

You'll also attend practical workshops where you'll have plenty of time to learn the client side of Personal Training and by the end will be ready to work with our very own clients.

For more information on our Personal Trainer Certificate Package contact us at: info@aofp.co.uk or call [0845 270 1990](tel:08452701990).

Personal Trainer Certificate Package

A complete course package preparing you for your Personal Trainer career.

- ✓ Comes with 40 CPD's
- ✓ Join REPs at level 2 and 3
- ✓ Qualify from 12 weeks
- ✓ Our best value package option

PAY IN FULL PRICE **£1095 (SAVE 20%)**

No. of instalments	3	6
Monthly Price (£)	456	228



Personal Trainer Advanced Package

The specialist route

If you're seeking an advanced Diploma level course our special course package fits the bill. You'll gain your level 2 Diploma in Instructing Exercise and Fitness together with your level 3 Diploma in Personal Training, everything you need to accelerate your new personal training business.

Learn with the Best

If you're starting from scratch this package offers advanced training and qualifications. With highly experienced and qualified Personal Trainer tutor support on hand every step of the way you'll be taught by experts who are all successful in their own right running credible personal training businesses.

You'll study your level 2 and level 3 course theory from home working alongside your personal tutor. This puts you firmly in control of when and where you study giving you the freedom to fit your learning into your current lifestyle.

You'll also attend practical workshops where you'll have plenty of time to learn the client side of personal training and by the end will be ready to work with our very own clients.

For more information on our Personal Trainer Advanced Package contact us at: info@aofp.co.uk or call 0845 270 1990.

Personal Trainer Diploma Package

An advanced course package preparing you for your Personal Trainer career.

- ✓ Comes with 40 CPD's
- ✓ Join REPs at level 2 and 3
- ✓ Qualify from 24 weeks
- ✓ Perfectly suited for those seeking to become self-employed.

PAY IN FULL PRICE **£1695 (SAVE 20%)**

Monthly instalments	3	6
Monthly Price	706	353



SkillsActive
More People. Better Skills. Better Qualified.



ncfe.



Gold Standard Fitness Industry Education

Expert training every step of the way

When choosing to learn with us you can be confident you're in expert hands, fully supported every step of the way.

- ✓ **All-inclusive upfront pricing** – we won't surprise you with hidden extras.
- ✓ **Pay in full and save 20%** - benefit from our great savings when you pay in full or choose to spread the cost over 3 or 6 equal monthly payments.
- ✓ **Industry leading tutors** – it's easy to learn with us and your personal tutor is always ready to lend a helping hand.
- ✓ **Unlimited resits** – we'll give you all the support you need if you need another go and we won't charge you for it.
- ✓ **Qualify from 6 weeks** – with fast-track courses and more advanced options we'll help match your course and timescales to your career goals.
- ✓ **Endorsed and accredited training** – peace of mind that you're in good hands, working with a REPs, Skills Active and NCFE accredited training provider every step of the way to getting qualified.
- ✓ **Portfolio evidenced** – no exams, instead our assessments and practical work help to develop your on the job skills so you're ready to become a Fitness Professional.
- ✓ **Best price promise** – so you can be always be confident in our pricing.





Academy of Fitness Professionals

Your Route to Success

Our cutting edge fitness qualifications will truly develop your talent. You'll qualify as a REPs recognised Fitness Instructor or Personal Trainer, the perfect stepping stone into your new career.

To discover more about our Fitness Courses visit us at:

www.academyoffitnessprofessionals.com

Or contact us via:

info@aofp.co.uk

0845 270 1990



Please call 0845 270 1990 if you would like to receive this information in an alternative format such as large print.



SkillsActive
How People Learn, Skills, Better Qualities



ncfe.

