



Health Fitness Academy

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COURSE BROCHURE

Creating Fitness Professionals

Unlock your full potential with Health Fitness Academy, the premier destination for aspiring fitness professionals. Boasting a 100% success rate and a 100% employment rate among our graduates, we are committed to delivering outstanding training and unwavering support. Our expert team, with over twenty years of industry experience, offers an extensive array of accredited courses designed to equip you with the knowledge and skills to thrive. Embark on your journey with Health Fitness Academy today and take the first step towards a successful career in health and fitness!

Why Choose Health Fitness Academy?

- **Proven Success:** 100% graduate success rate and 100% employment rate.
- **Industry Expertise:** Over twenty years of experience in the fitness industry.
- **Outstanding Training:** Wide selection of accredited courses tailored for aspiring fitness professionals.
- **Expert Tutors:** Learn from seasoned professionals passionate about your success.
- **Flexible Learning:** Study at your own pace with options designed to fit your schedule.
- **Flexible Payments:** Accessible payment plans to support your educational journey.
- **Ongoing Tutor Support:** Receive continuous guidance and mentoring throughout your course.
- **Fitness Industry Leaders:** Join a network of graduates who thrive as leaders in health and fitness.

Embark on your journey with Health Fitness Academy today and unlock your full potential in the health and fitness industry!



Level 2 Gym Instructor

The Level 2 Gym Instructor course serves as the foundation for a career in the fitness industry, equipping you with the essential knowledge and practical skills required to become a qualified gym instructor.

Learning Options & Time Frames

Online Distance Learning

- Duration: Approximately 4-6 weeks
- Study at your own pace with access to Diverse Trainers' interactive e-learning platform
- Tutor support via phone, email, and chat room
- Weekly live webinars and access to pre-recorded sessions
- Complete the final practical unit by video submission for tutor assessment
- Face-to-Face Blended Learning
- Duration: Approx. 4–6 weeks
- Flexible online study for theory modules combined with in-person practical training
- Includes one practical training weekend at your nearest venue with a dedicated tutor

Face-to-Face Blended Learning

- Duration: Approximately 4-6 weeks
- Flexible online study for theory modules combined with in-person practical training
- Includes one practical training weekend at your nearest venue with a dedicated tutor

Face-to-Face Fast Track Intensive

- Duration: 1 week
- Fully hands-on, in-person learning covering all modules in 5 days
- Early access to the e-learning platform
- Immediate tutor feedback and comprehensive knowledge for rapid qualification.

Course Content (6 Units)

Unit 1: Principles of health and well-being for exercise, fitness and health.

Unit 2: Anatomy, physiology and kinesiology for exercise and health.

Unit 3: Supporting client lifestyle management and enhancing motivation.

Unit 4: Professional practice and health & safety in a fitness environment.

Unit 5: Planning and conducting effective consultations and assessments for gym-based sessions.

Unit 6: Instructing and supervising professional gym-based exercise sessions.

Course fees

Online: £699

Blended Face-to-Face: £999

Fast Track Intensive Face-to-Face: £999

Course Prerequisites

There are no specific entry requirements for this course.

Qualification Awarded

Transcend Awards Level 2 Certificate in Planning and Delivering Gym Based Exercise (RQF)

Career Opportunities Post-Completion

- Gym Instructor (UK and internationally)
- Fitness Class Instructor
- Gym Manager
- Cruise Ship Gym Instructor

Potential Earnings

Gym Instructor £24,000 - £28,000 per year

Level 3 Personal Trainer

The Level 3 Personal Trainer course prepares individuals for professional work, building on Level 2 Fitness Instructor knowledge by covering advanced anatomy, physiology, and exercise programming. Level 2 Gym Instructor qualification or equivalent is required.

Learning Options & Time Frames

Online Distance Learning

- Duration: Approximately 4-6 weeks
- Study at your own pace using interactive e-learning platform
- Tutor support via phone, email, and chat room
- Weekly interactive live webinars and access to pre-recorded webinars
- Final practical unit completed through video submission for tutor assessment

Blended Face-to-Face Learning

- Duration: Approximately 4-6 weeks
- Online theory modules via e-learning and webinars
- One weekend of in-person practical training and assessment at nearest venue
- Dedicated tutor support

Face-to-Face Fast Track Intensive

- Duration: 1 week
- Fully hands-on, covering all modules in 5 days
- Delivered in person at nearest venue with direct tutor guidance
- Early access to e-learning platform
- Immediate feedback and in-depth learning

Course Content (5 Units)

Unit 1: Anatomy, physiology and kinesiology for exercise and health

Unit 2: Applying nutritional principles to personal training

Unit 3: Planning exercise programme design for personal training clients

Unit 4: Delivering exercise programmes for personal training sessions

Unit 5: Business acumen and the use of information technology for a personal trainer

Assignment: Completion of the assignment is required to obtain the qualification.

Course fees

Online: £799

Blended Face-to-Face: £1099

Fast Track Intensive Face-to-Face: £1099

Course Prerequisites

Completion of Level 2 Gym Instructor qualification or equivalent

Qualification Awarded

Transcend Awards Level 3 Certificate in Planning and Delivering Personal Training (RQF)

UCAS Points: 24

Career Opportunities Post-Completion

- Personal Trainer (UK and internationally)
- Online Personal Trainer
- Wellness Coach
- Cruise Ship Personal Trainer

Potential Earnings

£35,000 - £50,000 per year

Level 3 Diploma in Gym Instructing and Personal Training

The Level 3 Diploma in Gym Instructing and Personal Training is designed to equip aspiring gym instructors and personal trainers with the essential skills and knowledge for a successful career.

Learning Options & Time Frames

Online Distance Learning

- Duration: 8-12 weeks (study at your own pace)
- Interactive e-learning platform
- Tutor support (phone, email, chat)
- Weekly live webinars
- Access to pre-recorded webinars
- Final practical unit via video submission

Face-to-Face Blended Learning

- Duration: 8-12 weeks
- Combines online study with two weekends of in-person training
- Dedicated tutor
- Interactive online resources
- Live theory webinars

Face-to-Face Fast Track Intensive

- Duration: 2 weeks (5 days intensive learning)
- Fully hands-on experience
- Direct tutor guidance
- Early access to e-learning
- Immediate feedback

Course Content (10 Units)

Unit 1: Principles of health and well-being for exercise, fitness, and health

Unit 2: Supporting client lifestyle management and motivation

Unit 3: Professional practice and health & safety in a fitness environment

Unit 4: Planning consultations and assessments for gym-based exercise

Unit 5: Instructing and supervising professional practice in gym-based sessions

Unit 6: Applying nutritional principles to personal training

Unit 7: Anatomy, physiology, and kinesiology for exercise and health

Unit 8: Designing exercise programmes for personal training clients

Unit 9: Delivering exercise programmes for personal training sessions & assignment

Unit 10: Business acumen and the use of information technology for personal trainers

Course fees

Online: £1500

Blended Face-to-Face: £1799

Fast Track Intensive Face-to-Face: £1799

Course Prerequisites

There are no specific entry requirements for this course.

Qualification Awarded

Transcend Awards Level 3 Certificate in Planning and Delivering Personal Training (RQF)

Transcend Awards Level 3 Diploma Practitioner in Personal Training (RQF)

UCAS Points: 24 (Certificate) / 32 (Diploma)

Career Opportunities Post-Completion

- Personal Trainer (UK and internationally)
- Online Personal Trainer
- Wellness Coach
- Cruise Ship Personal Trainer

Potential Earnings

£35,000 - £50,000 per year

Level 2 Exercise to Music

The Level 2 Exercise to Music course is designed for those aspiring to become qualified exercise to music instructors. It provides a strong foundation in knowledge and practical skills necessary to lead engaging exercise classes set to music.

Learning Options & Time Frames

Online Distance Learning

- Duration: Approximately 8-12 weeks
- Study at your own pace with Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Weekly interactive live webinars
- Final practical unit completed through video submission to a tutor

Face-to-Face Blended Learning

- Duration: 8-12 weeks
- Flexible online theory alongside in-person practical training, including a weekend of practical training at the nearest venue with a tutor.

Course Content (6 Units)

Unit 1: Anatomy and physiology for exercise

Unit 2: Health, safety, and welfare in a fitness environment

Unit 3: Principles of exercise, fitness, and health

Unit 4: Supporting clients in exercise and physical activity

Unit 5: Planning exercise to music sessions

Unit 6: Instructing group exercise to music



Course fees

Online: £699

Blended Face-to-Face: £999

Course Prerequisites

There are no specific entry requirements for this course.

Qualification Awarded

Active IQ Awards Level 2 Certificate in Fitness Instructing (Exercise to Music) (RQF)

Career Opportunities Post-Completion

- Group Exercise Instructor
- Online or Virtual Class Instructor
- Instructor for schools or community programs

Potential Earnings

ETM Instructor: £21,000–£28,000 per year

Level 2 Studio Cycling

Studio Cycling Level 2 is designed for fitness professionals who wish to lead safe, effective, and motivating indoor cycling classes. This qualification equips instructors with the practical skills and theoretical knowledge required to deliver group cycling sessions in gyms, studios, and online environments.

Learning Options & Time Frames

Online Distance Learning

- Duration: Approximately 4-6 weeks
- Study at your own pace with Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Live and pre-recorded webinars
- Final practical unit completed through video submission to a tutor

Face-to-Face Blended Learning

- Duration: 4-6 weeks
- Flexible online theory alongside in-person practical training, including a weekend of practical training at the nearest venue with a tutor.

Course Content (6 Units)

Unit 1: Anatomy and Physiology for Exercise: basic understanding of body systems relevant to cycling, muscle function during cycling activities, energy systems and cardiovascular health

Unit 2: Health, Safety, and Welfare in a Fitness Environment: studio safety procedures, bike setup and maintenance, participant screening and risk assessment

Unit 3: Principles of Exercise, Fitness, and Health
Training principles specific to indoor cycling: benefits and contraindications of studio cycling, motivation techniques for group classes

Unit 4: Planning Studio Cycling Sessions: designing safe, effective, and engaging class plans, music selection and class choreography, progression and regression options for different ability levels

Unit 5: Instructing Studio Cycling Sessions: effective communication and cueing, demonstrating and coaching cycling techniques, monitoring participant performance, managing group dynamics

Unit 6: Reflective Practice and Professional Development: self-evaluation of teaching practice, continuing professional development opportunities

Course fees

Online: £300

Blended Face-to-Face: £450

Course Prerequisites

No specific entry requirements are needed for this course.

Qualification Awarded

Active IQ Awards Level 2 Certificate in Fitness Instructing (Studio Cycling) (RQF)

Career Opportunities Post-Completion

- Studio Cycling Instructor
- Group Exercise Instructor
- Online or Virtual Cycling Class Instructor
- Corporate Wellness Program Instructor
- Fitness Instructor for Schools or Community Programs

Potential Earnings

Studio Cycling Instructor: £21,000 - £28,000 per year (earnings depend on experience, location, and employment type). Additional opportunities for freelance and online instruction, which may supplement income.

Level 3 Diploma in Instructing Pilates Matwork

The Level 3 Mat Pilates course explores anatomical and biomechanical principles behind Pilates exercises, focusing on advanced techniques for cueing, modifications, and variations to meet diverse client needs.

Learning Options & Time Frames

Online Distance Learning

- Duration: Approximately 4-6 weeks
- Study at your own pace with Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Live and pre-recorded webinars
- Final practical unit completed through video submission to a tutor

Face-to-Face Blended Learning

- Duration: 4-6 weeks
- Flexible online theory alongside in-person sessions, including a weekend of hands-on training at the nearest venue with a tutor.

Course Content (6 Units)

Unit 1: Anatomy and physiology for exercise

Unit 2: Health, safety, and welfare in a fitness environment

Unit 3: Principles of exercise, fitness, and health

Unit 4: Supporting clients in exercise and physical activity

Unit 5: Programming Pilates sessions

Unit 6: Delivering Pilates sessions



Course fees

Online: £899

Blended Face-to-Face: £1099

Course Prerequisites

There are no specific entry requirements for this course.

Qualification Awarded

Transcend Awards Level 3 Diploma in Delivering Pilates Sessions (RQF)

UCAS Points: 16

Career Opportunities Post-Completion

- Mat Pilates Instructor in the UK and Internationally
- Home-based Mat Pilates Instructor
- Pilates Instructor in Corporate Wellness Programs
- Health & Wellness Coach

Potential Earnings

Mat Pilates Instructor: £24,000 - £40,000 per year

Level 3 Reformer Pilates

The Level 3 Reformer Pilates course aims to equip you with the skills and confidence to conduct outstanding Reformer Pilates sessions. It includes the fundamental principles of Pilates, essential anatomy and physiology for reformer exercises, and a wide array of reformer techniques and modifications for different fitness levels and special populations.

Learning Options & Time Frames

Online Distance Learning

- Duration: Approximately 4-6 weeks
- Study at your own pace with Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Pre-recorded resources
- One day virtual live webinar for practical training
- Final practical unit completed through video submission to a tutor

Face-to-Face Blended Learning

- Duration: 4-6 weeks
- Combines flexible online study with in-person practical training
- Access to Diverse Trainers' interactive e-learning platform and prerecorded resources
- Includes one weekend of practical training and assessment at the nearest venue with a dedicated tutor

Course Content (6 Units)

Unit 1: The Essential Reformer exercises

Unit 2: How to structure a Reformer class

Unit 3: Fundamentals in Anatomy for the Reformer

Unit 4: The History of the Classical Reformer

Unit 5: Equipment used with the Reformer

Unit 6: Assessment for the Reformer



Course fees

Online: £1099

Blended Face-to-Face: £1500

Course Prerequisites

Students must have completed a Level 2 fitness instructor qualification or equivalent to enrol on the level 3 Reformer Pilates qualification.

Qualification Awarded

Transcend Awards Level 3 Reformer Pilates

Career Opportunities Post-Completion

- Reformer Pilates Instructor in Gyms/Studios
- Specialised Pilates Instructor (e.g., Pre/Postnatal)
- Pilates Instructor for Corporate Wellness Programs
- Reformer Pilates Instructor in Rehabilitation or Physiotherapy Clinics

Potential Earnings

Reformer Pilates Instructor: £30,000 - £50,000 per year

Menopause Exercise Guidance CPD

Menopause Exercise Guidance CPD is designed for fitness professionals who want to specialise in supporting women through perimenopause and menopause. This comprehensive course provides evidence-based knowledge and practical skills to design safe, effective exercise programmes that address the unique physiological and psychological changes women experience during this important transitional phase in a woman's life.

Learning Options & Time Frames

Online Distance Learning

- Duration: Approximately 2-3 weeks
- Study at your own pace with Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Live webinars, and pre-recorded sessions

Face-to-Face Blended Learning

- Duration: 2-3 weeks
- Online theory with one day of practical training at your nearest venue with a dedicated tutor.

Course Content (5 Units)

Unit 1: Understanding menopause and perimenopause: hormonal changes, symptoms, and physiological impacts

Unit 2: Exercise programming for menopausal women: resistance training, cardiovascular exercise, flexibility, and pelvic floor work

Unit 3: Nutrition and lifestyle guidance for menopause management

Unit 4: Communication and client support: building rapport and effective consultation techniques

Unit 5: Practical application and case studies: real-world programming and client assessment

Why This CPD Matters:

With women aged 45-55 representing one of the fastest-growing demographics in fitness, understanding menopause is essential for modern fitness professionals. This CPD equips you with the knowledge and confidence to make a meaningful difference in women's lives during a critical health transition, while expanding your client base and professional expertise.

Course fees

Online: £150

Blended Face-to-Face: £250

Course Prerequisites

Minimum Level 2 Gym Instructor or Level 3 Personal Trainer qualification.

Qualification Awarded

Health Fitness Academy CPD Certificate in Menopause Exercise Guidance (10 CPD Points)

Career Opportunities Post-Completion

- Menopause Exercise Specialist
- Women's Health and Fitness Consultant
- Corporate Wellness Programme Specialist (Menopause Support)
- Online Menopause Fitness Coach

Potential Earnings

Fitness professionals with specialist qualifications can charge 20-30% premium rates. The growing menopause health market offers significant opportunities for career growth and increased client retention.

Commanding the Room: Group Training Presence and Confidence CPD

Commanding the Room CPD is designed for fitness professionals who want to elevate their group training delivery and develop magnetic instructor presence. This transformative course provides practical techniques to build personal confidence, master body language, create inclusive environments, and develop the charisma needed to inspire participants to return session after session. Whether you are new to group instruction or seeking to enhance your current skills, this course will transform your delivery style.

Learning Options & Time Frames

Online Distance Learning

- Duration: Approximately 2-3 weeks
- Study at your own pace with Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Live webinars, and pre-recorded sessions including video demonstrations.

Face-to-Face Blended Learning

- Duration: 2-3 weeks
- Online theory with one day of practical training and live coaching at your nearest venue with a dedicated tutor.

Course Content (6 Units)

Unit 1: Building personal confidence: overcoming instructor anxiety, developing your authentic voice, and mental preparation techniques

Unit 2: Mastering body language and non-verbal communication: posture, eye contact, gestures, spatial awareness, and physical presence

Unit 3: Voice projection and command: tone, volume, pace, cueing techniques, and vocal variety to maintain engagement

Unit 4: Creating connection and community: building rapport quickly, reading the room, inclusive language, and making every participant feel valued

Unit 5: Motivational techniques and energy management: inspiring participants, maintaining class energy, handling difficult situations, and creating memorable experiences

Unit 6: Class structure and flow: seamless transitions, timing, music integration, and creating the 'wow factor' that keeps clients returning

Why This CPD Matters:

The difference between an adequate instructor and an exceptional one often comes down to presence, confidence, and connection. This CPD provides the tools to become that instructor, transforming your classes from routine sessions into experiences that clients prioritise in their week. Master the art of commanding the room and watch your classes fill, your reputation grow, and your career flourish.

Course fees

Online: £150

Blended Face-to-Face: £250

Course Prerequisites

Minimum Level 2 Gym Instructor, Level 2 Exercise to Music, or equivalent group fitness qualification.

Qualification Awarded

Health Fitness Academy CPD Certificate in Group Training Presence and Confidence (8 CPD Points)

Career Opportunities Post-Completion

- Confident Group Fitness Instructor
- High-Retention Class Instructor
- Boutique Studio Instructor
- Corporate Wellness Class Leader
- Virtual/Online Group Training Specialist

Potential Earnings

Many successful instructors charge £40-60 per participant for specialty group sessions, significantly increasing earning potential beyond standard gym instructor rates.

Nutrition Through the Ages: Lifespan Eating Patterns CPD

Nutrition Through the Ages CPD is designed for fitness professionals who want to provide evidence-based nutritional guidance that adapts to the changing needs across the human lifespan. This comprehensive course explores how nutritional requirements evolve from young adulthood through to older age, with a strong focus on the Mediterranean diet and other longevity-promoting eating patterns.

Learning Options & Time Frames

Online Distance Learning

- Duration: Approximately 2-3 weeks
- Study at your own pace with Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Live webinars, and pre-recorded sessions including video demonstrations.

Face-to-Face Blended Learning

- Duration: 2-3 weeks
- Online theory with one day of practical training and live coaching at your nearest venue with a dedicated tutor.

Course Content (6 Units)

Unit 1: Understanding nutritional needs across the lifespan: metabolic changes, hormonal shifts, and age-related physiological adaptations from ages 20-80+

Unit 2: The Mediterranean diet: principles, health benefits, longevity research, practical implementation, and adaptation for different life stages

Unit 3: Other evidence-based eating patterns: DASH diet for cardiovascular health, MIND diet for cognitive function, plant-based approaches, and anti-inflammatory nutrition

Unit 4: Nutrition for key life transitions: supporting clients through perimenopause, menopause, andropause, retirement, and managing age-related health concerns

Unit 5: Protein, micronutrients, and aging

Unit 6: Practical application and meal planning: creating sustainable nutrition strategies, portion guidance, Mediterranean meal templates, and adapting dietary advice for individual preferences and cultural contexts

Why This CPD Matters:

As the global population ages, clients increasingly seek professionals who understand how nutrition must evolve throughout life. The Mediterranean diet is consistently ranked as the world's healthiest eating pattern, backed by decades of research linking it to longevity, disease prevention, and quality of life. This CPD equips you with the knowledge to guide clients beyond generic dietary advice, providing age-appropriate, evidence-based nutrition strategies that complement their fitness goals.

Course fees

Online: £150

Blended Face-to-Face: £250

Course Prerequisites

Minimum Level 2 Gym Instructor or Level 3 Personal Trainer qualification.

Qualification Awarded

Health Fitness Academy CPD Certificate in Lifespan Nutrition and Eating Patterns (10 CPD Points)

Career Opportunities Post-Completion

- Nutrition-Informed Fitness Professional
- Longevity and Wellness Coach
- Healthy Aging Specialist
- Mediterranean Lifestyle Consultant
- Corporate Wellness Nutrition Advisor

Potential Earnings

Fitness professionals who can provide credible nutritional guidance alongside training services can increase client retention by 40% and command 25-35% higher rates. Many professionals successfully integrate nutrition consultations at £50-80 per session, creating additional revenue streams.



Health Fitness Academy

Payment Options

- **Flexible Payment Plans**
- **Interest Free Options Available**
- **Spread the Cost of Your Course**

At Health Fitness Academy, we believe your fitness journey should be effortless. Our team offers tailored financing options, partnering with leading providers who deliver flexible and fixed monthly repayments. We prioritise simplicity to ensure our payment solutions harmonise with your budget and individual requirements, making your learning path truly centred around you.

Visit our website to connect with our experts to discuss our personalised finance options. We're here to guide you through every step, ensuring your experience is tailor-made for you. Your Health Fitness Academy journey is designed around accessibility and enjoyment, start right here with us.

Visit our website to
enrol today.



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