

YMCAFIT COURSE PROSPECTUS

*Time to join **the** **fitness** **industry***

ymcafit.org.uk

Thank you for downloading our course prospectus!
By downloading it, you are eligible for 10% off any entry level course.
The prices you see in this document already have this discount applied.



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**Welcome
to YMCAfit,
the UK's
first and
leading
provider
of fitness
education**

About YMCAfit

Helping you be your best is our top priority. We'll train you for a longstanding career, not just to pass a test. We've developed the largest portfolio of courses in the UK and we're investing in this world-class training to continually make it better and always relevant for the fitness industry today - that's why 97% of students would recommend us!

As a charity, our motivation is different

We are part of Central YMCA, the UK's leading education and health charity and the world's first YMCA. We are committed to advancing the education, health and wellbeing of our communities and all our profits go back into future training and transforming even more lives.

We are the UK's first fitness training provider

We created the first ever Exercise to Music course in 1984, shaping the start of the fitness industry. We have been around for a long time and seen the industry evolve. We know not only what employers and the industry want but also what your clients will need from you. We'll help you become the best fitness professional, so you can help transform lives and inspire communities.

We believe in quality

Our ethos is simple: We want to provide high quality training and education in fitness so that our students have the opportunity to grow as an individual, by improving their own quality of life and then using these skills to better their community.



Why train with **YMCAfit?**



World-class training

Our courses are internationally recognised, CIMSPA accredited and highly regarded by employers and the industry.



Outstanding support

Our tailored Learner Support team will help you along the way.



Flexible learning

We have a variety of learning methods to suit your needs.



Expert tutors

Our tutors are highly qualified, experienced, passionate and truly fantastic.



Flexible payments

0% finance and Advanced Learner Loans available of most entry-level courses.



Leaders in our field

We have over 37 years experience and have built a first class reputation by delivering quality fitness education.



**Is
fitness
your
passion?
Do you
love
helping
people
reach their
goals?
Then this is
the career
for you**



Personal Trainer

Push clients to achieve their goals by designing and delivering full fitness programmes for them.



Gym Instructor

Ease your way into the fitness industry by guiding clients through their workouts.



Yoga Instructor

Explore and teach flexible sequences that revitalise the mind, body and spirit.



Exercise to Music Instructor

Choreograph and teach your own exhilarating studio classes.



Pilates Instructor

Liberate and reform clients' bodies using STOTT PILATES® techniques and routines.



Sports Massage Therapist

Help individuals prepare for sports and fitness activities to aid their recovery.

What our graduates say



"I heard some really good reviews about it. People told me it was the best course to do, it's the most in depth and you'll learn everything - which I absolutely did."

Kirsty,
Personal Training graduate.



"I studied both Matwork & Reformer Pilates which was absolutely incredible and something I'd recommend to all those considering studying with YMCAfit and looking to differentiate themselves. It is WELL worth every second and every penny spent."

Sandra Calva,
STOTT PILATES and
Personal Training graduate.



"I've taught dance for many years but thanks the ETM course I feel more confident to teach safely, for longevity & healthy joints, so that dancers can enjoy what they love with decreased risk of injury or arthritis. for as long as possible"

Mark James,
Exercise to Music graduate.



OUR GRADUATES GO ON TO WORK AT



THIRD SPACE



David Lloyd CLUBS



BECOME A PERSONAL TRAINER

A YMCAfit Personal Training course will help you stand out as a passionate and dedicated trainer. You will learn how to give the best support to your clients and how to design unique workout programmes and nutrition plans that are perfectly tailored to your clients' goals and make an impact in almost every aspect of their lives.


You will gain the skills and knowledge to take your career in many different directions and be able to work with clients 1-2-1, in small groups, at a large club, a boutique specialist gym, outdoors, in a client's home or even online.

SKILLS YOU'LL NEED AS A PT

- » Good communication skills.
- » Be able to motivate and inspire people to achieve their goals.
- » A good listener.
- » Be able to work with your clients to bring the best out of them.
- » Business skills if you intend to become self-employed.

WHAT THE WORK INVOLVES

- » Setting fitness goals for your clients.
- » Giving advice on how to maintain a healthy lifestyle.
- » Designing and maintaining progress.
- » Helping your clients work on their health and wellbeing.
- » Marketing, sales and social media.



“The tutors and team have gone above and beyond and still continue to offer me support when I need it. I will be back again and can't wait!”

Bex

BECOME A PERSONAL TRAINER

TRAINING AND DEVELOPMENT

You may want to continue your study and learn more with a continued professional development course. These courses allow you to further your career in fitness by broadening your skills with a more specialist area, allowing you to build up your portfolio.

FLEXIBLE LEARNING FORMATS

Classroom	Classroom and eLearning
More face-to-face content with two online units to study at home.	More online course content to study, to give you a more flexible learning experience.

WHO CAN DO THIS COURSE

Anyone over 16.

Must have experience using cardiovascular equipment as well as fixed and free weights within a gym environment.



**Three
courses to
choose
from**

Go extra and
differentiate
yourself

LEVEL 3 ADVANCED DIPLOMA IN PERSONAL TRAINING

Course includes:

- » Level 2 Gym Instructor.
- » Level 3 Personal Trainer.
- » Level 3 Anatomy and Physiology.
- » Level 3 Nutrition to Support Physical Activity.
- » Level 3 Business Acumen for a Successful Personal Training practice.
- » Level 4 Bespoke Exercise Programme Design.
- » Level 4 Customised Exercise Programme Instruction and Communication Technique.
- » High Intensity Interval Training (HIIT).
- » Level 3 Emergency First Aid at Work.
- » Padwork (CPD).
- » Kettlebells Pro (CPD).

**From £184 p/m
or £2450**

The perfect PT
essentials course

LEVEL 3 DIPLOMA IN GYM INSTRUCTING AND PERSONAL TRAINING

Course includes:

- » Level 2 Gym Instructor.
- » Level 3 Personal Trainer.
- » Level 3 Anatomy and Physiology.
- » Level 3 Nutrition to Support Physical Activity.
- » Level 3 Business Acumen for a Successful Personal Training practice.
- » Level 4 Bespoke Exercise Programme Design.
- » Level 4 Customised Exercise Programme Instruction and Communication Technique.
- » High Intensity Interval Training (HIIT).

**From £145 p/m
or £1995**

Already a Gym Instructor?
Take the next step

LEVEL 3 DIPLOMA IN PERSONAL TRAINING

Previous Level 2
certificate required.

Course includes:

- » Level 3 Personal Trainer.
- » Level 3 Anatomy and Physiology.
- » Level 3 Nutrition to Support Physical Activity.
- » Level 3 Business Acumen for a Successful Personal Training practice.
- » Level 4 Bespoke Exercise Programme Design.
- » Level 4 Customised Exercise Programme Instruction and Communication Technique.
- » High Intensity Interval Training (HIIT).

**From £183 p/m
or £1350**

BECOME A GYM INSTRUCTOR

If you'd like to work in a gym, we offer this accredited course for the first step of your journey, to get a solid foundation. This course will give you the skills and knowledge you'll need in the industry including how to tailor programmes to suit individual needs and the most up-to-date and effective training methods.

SKILLS YOU'LL NEED AS A GYM INSTRUCTOR

- » Good communication skills.
- » Enjoy being around people.
- » Be able to motivate and inspire people to achieve their goals.
- » Planning and organisational skills so you can arrange exercise programmes for your clients.

WHAT THE WORK INVOLVES

- » Setting fitness goals.
- » Giving health assessments to clients.
- » Giving advice and fitness plans.
- » Working to develop programmes that suit individuals' needs.
- » Leading group training sessions.
- » Teaching clients how to use equipment.
- » Demonstrating exercises.

TRAINING AND DEVELOPMENT

After the Gym Instructor course, you may want to continue your studies and learn more with a continued professional development course. These courses allow you to further your career in fitness by broadening your skills with a more specialist area, allowing you to build up your portfolio and increase your earning potential.



“ It was fantastic! I have learnt so much over the two weekends and the tutor was spot on - honest, supportive and straight to the point. Highly recommended - only regret is why didn't I do it sooner. ”

Benny



LEVEL 2

CERTIFICATE IN GYM INSTRUCTING

Our gym instructing course will give you the confidence and practical experience of communicating, motivating, and interacting with customers.

WHAT YOU'LL LEARN

- » Level 2 Anatomy and Physiology.
- » Gym based planning, preparation, and delivery
- » Providing a positive customer experience.
- » Lifestyle management and health awareness.
- » Level 2 gym based programme delivery and professional instruction.
- » How to deliver basic health assessment techniques such as blood pressure and BMI tests.
- » How to communicate with customers and deliver fitness instruction effectively.

WHO CAN DO THIS COURSE?

Anyone over 16.

Must have experience using cardiovascular equipment as well as fixed and free weights within a gym environment.

FLEXIBLE LEARNING FORMATS

Classroom	Classroom and eLearning
<ul style="list-style-type: none"> • 8 days face-to-face tuition. • More face to face content with one eLearning unit. • 1 day practical assessment. 	<ul style="list-style-type: none"> • 4 days face-to-face tuition. • More eLearning than the full-time format to give you a more flexible learning experience. • 1 day practical assessment.

QUALIFICATION ACHIEVED

YMCA Level 2 Certificate in Gym Instructing.

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments

Get 10% off our full-time route when you pay in full at least 2 months before the start date.

PRICE

Classroom and eLearning: £699

Classroom: £855

BECOME AN EXERCISE TO MUSIC INSTRUCTOR

If you'd like to teach groups in Exercise to Music, we offer this accredited course for the first step of your journey, and to get a solid foundation. This course will teach you the basic principles you'll need in the industry including how to tailor programmes to suit individual needs and the most up-to-date and effective training methods.

SKILLS YOU'LL NEED AS AN ETM INSTRUCTOR


- » Good communication skills.
- » Enjoy being around groups of people.
- » A love of music and desire to develop choreographed routines.
- » Be able to motivate and inspire groups of people to participate in exercise.
- » The ability to plan and get organised, so you can arrange exercise programmes for your clients.

WHAT THE WORK INVOLVES

- » Setting fitness goals.
- » Giving advice and fitness plans.
- » Working to develop programmes that suit individuals' needs.
- » Leading group training sessions.
- » Teaching clients how to use studio equipment.
- » Demonstrating exercises.

TRAINING AND DEVELOPMENT

After the Group Exercise to Music course, you may want to continue your studies and learn more with a continued professional development course. These courses allow you to further your career in fitness by broadening your skills with a more specialist area, allowing you to build up your portfolio and increase your earning potential.



**“ Our tutor was
totally fabulous.
Knowledgeable,
patient, professional
and it seemed like
she genuinely cared
if we got it or not! ”**

Diane



LEVEL 2

CERTIFICATE IN EXERCISE TO MUSIC

This Level 2 Certificate in Group Exercise to Music course is the best foundation for all forms of group exercise that you can get. You'll learn everything from the theory behind how the body works, to the practical steps needed to construct an unforgettable Exercise to Music class.

WHAT YOU'LL LEARN

- » Level 2 Anatomy and Physiology.
- » Group exercise to music planning, preparation, and delivery.
- » Providing a positive customer experience.
- » Lifestyle management and health awareness.
- » Level 2 Group Exercise to Music Delivery and Professional Instruction.
- » Choreography methods to be able to confidently design your own choreography as well as an introduction to pre-choreographed sessions.

WHO CAN DO THIS COURSE?

Anyone over 16

Must have experience of participating in a variety of group exercise to music classes (aerobics, body conditioning, dance-style aerobics or combat).

QUALIFICATION

YMCA Awards L2 Certificate in Group Exercise Instructing; Exercise to Music (Freestyle).

PRICE

Fully online: £699

Classroom and eLearning: £699

Classroom: £855

FLEXIBLE LEARNING FORMATS

Online	Classroom and eLearning	Classroom
<ul style="list-style-type: none">• 5 days.• Live tutor-led classes.• Interactive eLearning.• Practical assessment (recorded video submission).• Online theory assessment.	<ul style="list-style-type: none">• 5 days face-to-face tuition.• Interactive eLearning.• 1 day practical assessment at the venue.• Theory assessments.	<ul style="list-style-type: none">• 7 days face-to-face tuition.• Face to face tuition in a classroom.• 1 day practical assessment at the venue.

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

Get 10% off our full-time route when you pay in full at least 2 months before the start date.

BECOME A YOGA INSTRUCTOR

Yoga has become more and more popular over the years, so there's never been a better time to turn your passion into a career. The first step to a successful career is getting the qualifications you need to begin.

SKILLS YOU'LL NEED AS A YOGA INSTRUCTOR

- » Good communication skills.
- » Enjoy being around people.
- » Be able to motivate and inspire people to achieve their goals.
- » To be a good listener.
- » To be able to work with your clients to bring the best out of them.
- » Business skills if you intend to become self-employed.

WHAT THE WORK INVOLVES

Working as a Yoga Instructor can be varied and rewarding. You will be able to set your own hours and have the flexibility to work some evenings and weekends.

You'll be teaching a range of asanas, designing classes for all abilities, reviewing your clients and maybe branching out into specialist areas.

TRAINING AND DEVELOPMENT

You may want to continue your study and learn more with a continued professional development course. These courses allow you to further your career by broadening your skills with a more specialist area, allowing you to build up your portfolio and learn new things.



“The instructor was patient and very knowledgeable about yoga. I felt so enriched and informed at the end of the lessons. Met some great people and developed and evolved my practice.”

Danielle Davis



LEVEL 3

DIPLOMA IN TEACHING YOGA (PRACTITIONER)

The YMCAfit Yoga Instructor course has been developed using the practice of Hatha Yoga - the foundation from where many popular styles of yoga have developed. On the course, you will learn yoga asanas (positions), pranayama (breath control), mudra (hand positions), as well as meditation and yoga kriyas (cleansing techniques). Whether you want to teach group classes or one-to-one sessions in gyms, leisure centres and yoga studios, this is the course to get your career in fitness started.

WHAT YOU'LL LEARN

- » Level 2 Anatomy and Physiology for Instructors.
- » Level 2 Providing a Positive Customer Experience.
- » Level 2 Lifestyle Management and Health Awareness.
- » Level 3 Applied Anatomy and Physiology.
- » Fundamentals and Philosophy of Yoga.
- » Instructing group and one to one Yoga sessions.
- » How to adapt yoga practises to meet clients' needs during a yoga session.
- » Plan, prepare, instruct and adapt yoga sessions.
- » Design a progressive programme of yoga.
- » Learn how to communicate with clients effectively to promote wellness and exercise.

FLEXIBLE LEARNING FORMATS

Online	Classroom and eLearning
<ul style="list-style-type: none">• 8 days.• Live tutor-led classes.• Interactive eLearning.• Practical assessment (recorded video submission).• Online theory assessment.	<ul style="list-style-type: none">• 8 days face-to-face tuition.• Interactive eLearning.• 1 day practical assessment at the venue.• Theory assessments.

QUALIFICATION ACHIEVED

Level 3 Diploma in Teaching Yoga (Practitioner).

WHO CAN DO THIS COURSE?

Anyone over 16.

We recommend two years' experience of practising yoga.

PRICE

from £1100

OFFER AND PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

Get 10% off our full-time route when you pay in full at least 2 months before the start date. Apply for an Advanced Learner Loan to fund your course and pay once you earn over £27,295*.

NEXT STEPS

YOGA CPDS

Once you have qualified as a Yoga Instructor you can then take our continued professional development courses to enhance what you deliver to your clients and increase your earning opportunities.

Yin and Restorative Yoga (£579)

Yin and Restorative Yoga are becoming more popular as people discover the need for slow, mindful yoga to complement their busy and active lifestyles. This course will enable you to teach these styles of yoga, guiding your clients towards reducing stress and promoting relaxation.

This four-day course provides an explanation and experience of Yin Yoga and prepares you to plan and deliver Yin Yoga classes. An introduction to Restorative Yoga is also included, with an exploration of how these two styles complement each other.

Vinyasa Yoga (£209)

From the Sanskrit 'to place in a special way' the Vinyasa course will include how vinyasa aligns a sequence of movement with the breath in a continuous flow. The Vinyasa course teaches how to link movement and breath to attain a balance in the mind and body. You will explore the benefits of setting an intention and taking steps to reach it.



BECOME A PILATES INSTRUCTOR

Working in Pilates means you can turn your passion into a rewarding career. To teach Pilates, you'll need to be fully qualified. And as the top licensed STOTT PILATES® centre in the UK, there's no better place to train in Pilates than with YMCAfit. STOTT PILATES® is a contemporary, anatomically-based approach to Joseph Pilates' original exercise method - ideal for anyone looking to improve and expand on their range of skills and incorporate modern exercise science and rehabilitation principles for a safe and highly effective low-impact way to strengthen the body.

SKILLS YOU'LL NEED AS A PILATES INSTRUCTOR

- » Good communication skills.
- » Enjoy being around people.
- » Be able to motivate and inspire people to achieve their goals.
- » Business skills if you intend to become self-employed.

WHAT THE WORK INVOLVES

- » Helping clients work on the mat or on specialist equipment.
- » Working to develop programmes that suit individuals' needs.
- » Leading group training sessions.

TRAINING AND DEVELOPMENT

You may want to continue your studies and learn more with a continued professional development course. These courses allow you to further your career by broadening your skills with a more specialist area, allowing you to build up your portfolio and increase your earning potential.



“ The Tutors were passionate, professional, skillful, knowledgeable and helpful with all our questions. I would highly recommend this course. Thanks, guys. ”

Emma Sherman

ENTRY LEVEL

**STOTT PILATES® INTENSIVE
MAT-PLUS™**

STOTT PILATES helps to develop optimal strength, flexibility, endurance and posture, without building bulk or stressing joints. This makes it the perfect complement to cardiovascular exercise, athletic training or rehabilitation.

This course will provide you with the skills to design and teach essential and intermediate level matwork classes with small equipment, which will allow you to add variety to your sessions.

FLEXIBLE LEARNING FORMATS

Online	Classroom
<ul style="list-style-type: none">• 10 days.• Live tutor-led classes.• 1 day practical assessment at the venue.• Theory assessment at the venue.	<ul style="list-style-type: none">• 8 days.• 1 day practical assessment at the venue.• Theory assessments at the venue.

QUALIFICATION ACHIEVED

STOTT PILATES® - Intensive Mat Plus™

ENTRY REQUIREMENTS

Those with a working knowledge of functional anatomy. Those with a minimum 30 hours' experience of Pilates classes/workouts. Those with three+ years teaching movement or fitness. Applicants with a strong history of Pilates participation and/or experience instructing students/clients in another field may also be considered.

WHAT YOU'LL LEARN

- » Apply STOTT PILATES bio-mechanical principles of core stability, peripheral mobility, breathing and alignment to relevant exercises.
- » Break down essential and intermediate level exercises
- » Exercise essence, muscular initiation and movement sequencing.
- » Apply variations to increase or decrease exercise intensity.
- » Modify for specific body types, postural issues and conditions.
- » Teach and communicate effectively using visual skills, verbal cueing and imagery for performance enhancement and client motivation.

PRICE

From £1590

FLEXIBLE PAYMENT

0% finance - spread the cost with interest free monthly payments.



ENTRY LEVEL

STOTT PILATES® INTENSIVE REFORMER

This course will prepare you to teach a broad range of exercises, variations and modifications performed on the Reformer, and how to combine Mat and Reformer based workouts for increased variety and intensity.

STOTT PILATES® Intensive Reformer Repertoire will prepare you to teach a broad range of exercises, variations and modifications performed on the Reformer, and how to combine Mat and Reformer based workouts for increased variety and intensity.

FLEXIBLE LEARNING FORMATS

Intensive	Part-time
10 days practical over 2 weeks plus 1 day assessment.	10 days practical usually conducted over consecutive weekends plus 1 day assessment.



WHAT YOU'LL LEARN

- » Apply STOTT PILATES bio-mechanical principles of core stability, peripheral mobility, breathing and alignment to relevant exercises.
- » Break down essential and intermediate level exercises.
- » Exercise essence, muscular initiation and movement sequencing.
- » Apply variations to increase or decrease exercise intensity.
- » Modify for specific body types, postural issues and conditions.
- » Teach and communicate effectively using visual skills, verbal cueing and imagery for performance enhancement.

QUALIFICATION ACHIEVED

STOTT PILATES® - Intensive Reformer.

WHAT YOU WILL NEED TO DO THIS COURSE

- » YMCA Gym or Studio Instructor or equivalent. Alternatively be a practising sports therapist, physiotherapist or dancer.
- » At least 30 hours of attending Pilates classes is required.
- » We recommend completing the Intensive Mat-Plus first.

PRICE

From £1649

FLEXIBLE PAYMENT

0% finance - spread the cost with interest free monthly payments.



NEXT STEPS

INTERMEDIATE AND ADVANCED COURSES

Once you are a qualified STOTT PILATES Instructor, you can choose from a range of courses and workshops that run throughout the year, allowing you to broaden your repertoire and increase your earning potential.

STOTT PILATES Advanced Matwork (£229)

On this course you will learn how to teach the Advanced Matwork exercises ranging from the 'corkscrew' to 'scissors in the air'. The Advanced Matwork exercises build on the principles of core stability and fluidity.

STOTT PILATES Advanced Reformer (£629)

Learn to use the various reformer components and accessories to intensify reformer repertoire and provide a stimulating workout for athletes, dancers, and highly conditioned clients. Exercises in the Advanced repertoire require greater strength, stability, and flexibility.

STOTT PILATES Injuries and Special Populations (£1106)

This course is intended for those already working in the fields of fitness or movement and is conducted over 4-6 days. This program will NOT prepare students to diagnose or treat any specific injuries or conditions or prescribe exercises for these populations without consultation with an appropriate health practitioner.

STOTT PILATES Intensive Barrels (£529)

This course prepares you to teach Level 1 (Essential and Intermediate) exercises on the Barrels. By the end of this course you will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals using the Ladder Barrel, Spine Corrector and Arc Barrel.

STOTT PILATES Advanced Barrels (£160)

This 3 hour course held over one-day, equips you with 14 Advanced level exercises plus modifications using the Ladder Barrel, Spine Corrector and Arc Barrel for the highly conditioned client.

STOTT PILATES Intensive Cadillac (£935)

The intensive Cadillac course prepares you to teach Level 1 (Essential and Intermediate) exercises on the Cadillac. By the end of this course you will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 125 exercises on the Cadillac Trapeze Table.



NEXT STEPS

INTERMEDIATE AND ADVANCED COURSES

Once you are a qualified STOTT PILATES Instructor, you can choose from a range of courses and workshops that run throughout the year, allowing you to broaden your repertoire and increase your earning potential.

STOTT PILATES Advanced Cadillac (£237)

STOTT PILATES Advanced Cadillac prepares you to teach 28 Advanced level exercises plus modifications using the Cadillac for the highly conditioned client.

STOTT PILATES Advanced Stability Chair (£207)

STOTT PILATES Advanced Stability Chair provides you with 14 Advanced level exercises plus modifications using the Stability Chair™ for the highly conditioned client.

STOTT PILATES Intensive Chair (£569)

The intensive Chair prepares you to teach Level 1 (Essential and Intermediate) exercises on the Stability Chair™. By the end of this course you will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals.



BECOME A SPORTS MASSAGE THERAPIST

Sports massage therapy has become a sought after skill within the fitness industry. Sports Massage Therapists can help anyone - from athletes to occasional gym users and will need to prevent injuries as much as treat them.

Take the first step to a successful career with a highly-regarded qualification. The Diploma in Sports Massage gives you all the skills and knowledge you'll need for a longstanding career. With practical workshops and treatments from peers leading to an internationally-recognised qualification. This is the perfect grounding you need to start your career in fitness.


SKILLS YOU'LL NEED AS A SPORTS MASSAGE THERAPIST

- » To enjoy working closely with people.
- » Good communication skills.
- » To be able to put clients at ease and make them feel comfortable.

WHAT THE WORK INVOLVES

You could be:

- » Treating injuries, which may be longstanding.
- » Helping to prevent injuries before they occur.
- » Working in a clinic.
- » Working privately in your clients home.



“The course was delivered in a fun and very informative way, I learnt so much. I’m a Level 3 PT and the course complimented my current work really well. The care we got after the course and during the assessment was brilliant.”

Becky Featherstone



LEVEL 3

**DIPLOMA IN SPORTS
MASSAGE**

There is an increasing demand for the benefits associated with sports massage. This includes decreased muscle soreness, increased range of movement and improved performance.

Our 8 day Sports Massage diploma will give you the skills you need to help individuals prepare for sports and fitness activities and to aid their recovery. You will gain the skills to work alongside physiotherapists, chiropractors and osteopaths within sports massage and osteopathic clinics as well as working in sporting and fitness venues or even working delivering therapy sessions at clients homes.

WHAT YOU'LL LEARN

- » Anatomy and physiology for sports massage.
- » Principles of health and fitness.
- » Professional practice in sports massage.
- » The principles of soft tissue dysfunction.
- » Fundamentals of sports massage treatments.
- » Client assessment.
- » Applying sports massage treatments.
- » Pre and Post event and maintenance sports massage treatments.

FLEXIBLE LEARNING FORMATS

Classroom based learning.

Includes online learning to support the classroom-based sessions for anatomy and physiology. This means you can start your studies immediately.

8 days (plus 1 assessment day).

WHO CAN DO THIS COURSE?

Anyone over 16.

Must be fit enough to perform sports massage.

QUALIFICATION ACHIEVED

YMCA Awards Level 3 Diploma in Sports Massage.

PRICE

From £1500

FLEXIBLE PAYMENT OPTIONS

0% finance - spread the cost with interest free monthly payments.

Get 10% off when you pay in full at least 2 months before the start date.

Adding a specialisation to your body of knowledge can help shape the future of your business, increase your earning potential, and help you change more lives than ever before. Gain the skills, knowledge and confidence needed to help your clients - and yourself - succeed.

SPECIALISE YOUR CAREER:

Take your career to the next level by specialising in a specific population group and offer exclusive fitness classes to a broader client base. This is a profitable way to refine your skills, boost your career and progress as a trainer.

Ante and Postnatal Exercise (£340)

You can use these skills within mixed ability classes, or you can create exclusive classes and 1-to-1 sessions for this client group, to maximise your employability and income.

Diploma in Exercise Referral (£579)

Use exercise as a tool to get client's lives back on track after an illness and improve their wellbeing. With the growing number of referral schemes from GPs, local authorities and the private sector, this specialism is not only high in demand, but highly rewarding and profitable.

Exercise and Disability (£479)

With this course, you'll be able to provide adapted workouts and advice for people with disabilities - supporting them to stay fit, healthy and happy. Disabled people are under-represented when it comes to gym facilities and they need your help. This is a valuable set of skills to add to your portfolio and you will be trained by industry experts, so you can be sure that we'll give you the confidence to start offering this specialism straight away.

Exercise for Older Adults (£340)

Learn how to adapt your training methods to the older adult population. Older adults are a group who are continuing to grow, and specially tailored exercise classes are extremely popular. This specialism is suitable for most fitness professionals and is a valuable accompaniment to the portfolio of a Personal Trainer, Yoga or Pilates Instructor. Not only will you boost your income by broadening the scope of your clients, but you'll also be making a difference to people's lives.

DIVERSIFY

Expand your portfolio and impress your clients with the latest techniques and fitness knowledge, and be qualified and ready to teach within just 1 day. Prove that you are staying relevant in an everchanging industry by adding more skills and staying up to date.

Core Stability (£159)

Gain the skills to strengthen your clients' core, improve their balance and overall fitness ability. Core Stability is a challenging programme that is aimed to strengthen the muscles around the back and abdomen, improving overall body movement. You can enhance your sessions with equipment and adapt them for individual goals and abilities.

Emergency First Aid (£159)

Learn how to respond to anything from a minor injury to an emergency situation - a skill that is vital in the fitness industry, whether you are self-employed or work for a gym. This Emergency First Aid in the Workplace qualification will be valid for 3 years from the day of your certification.

High Intensity Interval Training (£179)

Gain the skills to design and deliver HIIT training sessions that will challenge even the fittest of clients. HIIT is extremely popular because it provides both strength training and the calorie burning that comes with a cardio workout in intensely short sessions. Using HIIT, you will push your clients to their fitness limits and help them to burn fat in less time.

Indoor Cycling (£229)

This exhilarating module was developed with leading indoor cycling specialists, the Indoor Cycling Group and will train you to deliver high intensity studio cycling classes. Indoor cycling is suitable for anyone and is great for weight management training as it's one of the quickest ways to burn calories using cardio equipment.

Kettlebells Pro (£179)

The skills and knowledge you need to teach a range of clients to use safely and effectively. Unlike other equipment, kettlebells can work several muscles at the same time so they can benefit all your clients, whether beginner or advanced, and be a fun way to get fit.

Padwork (£159)

This martial arts-based approach to fitness is extremely popular with clients who want to lose weight or build strength. From gyms to parks, this combat style of fitness training is suitable for anyone and anywhere. and only requires minimal equipment, so it's a great way for you to increase your earnings.

Supple Strength (£159)

Show your clients how to engage their minds as well as their muscles by exploring exercises that focus on posture, core stability and body alignment. Supple Strength blends elements of Yoga, Pilates and body conditioning to build a challenging holistic workout. This is a great way for you to expand your client base and boost your income.

Suspension Fitness (£159)

Gain the skills to train clients to use their own body weight for a full body workout building muscular balance, joint stability, mobility and core strength. This is an approach to fitness training that offers a fast and effective workout by leveraging gravity and body weight. Not only is Suspension Fitness suitable for individual and group workouts, but for all levels of ability, so you can expand your client base, giving you the potential to earn more.

**Total Barre™ Instructor
Foundation Course (£329)**

Learn choreography, exercise essence and correct biomechanics of movement, as well as how to effectively utilise the power of music to create safe and fun barre classes that focus on increasing strength, flexibility, stamina and dynamic stability.



Flexible payment options to help you get started

ADVANCED LEARNER LOAN

If you're 19 or over, you could fund your course with a Government-backed loan and pay once you earn more than £27,295. There are no credit checks and applications are not dependent on your income.



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- » Diploma in Teaching Yoga.
- » Diploma in Personal Training.
- » Diploma in Sports Massage.

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