



# LEVEL 2 GYM INSTRUCTOR & LEVEL 3 PERSONAL TRAINING DIPOLMA

THE REAL LIFE ACADEMY

PROSPECTUS





# GET READY TO SUPERCHARGE *YOUR FITNESS CAREER*



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Welcome and congratulations on taking that brave first step towards becoming a fully qualified Level 3 Personal Trainer and entering an exciting new chapter in your life. Just by reading our prospectus, you have proved to yourself that you are ready for a positive change, a change that will supercharge your career and transform every aspect of your life.

No matter what your background or experience, our courses are designed to challenge, engage and inspire you to succeed. At the end of our intensive 10 week course, you'll be ready to put everything you have learned into motion, whether you choose to start your own business or join a team.

***WE HAVE PLACED PTS IN GYMS ALL OVER THE UK RANGING  
FROM JD GYMS, VILLAGE AND PRIVATE FACILITIES TOO.  
ALL NOW RUNNING SUCCESSFUL BUSINESSES.***

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## WHY STUDY WITH REAL LIFE ACADEMY?

Our experienced teaching team brings the perfect balance of academic and industry-related qualifications and experience. You'll be studying in an outstanding facility with everything you need to support your studies.

We only offer small-group training, up to a maximum of 20 candidates. While larger class sizes might bring us more revenue, we're all about quality not quantity.

Highly respected qualifications and learning experiences led by industry leaders in fitness and learning. We invest in your future development with our pathways for additional learning and training. This qualification is accredited by Active IQ and is highly regarded.

## READY....SET...GO FOR SUCCESS

The Real Life Academy Level 3 Diploma in Personal Training Course is an intensive and complete 10-week study programme that will give you all the knowledge and tools you need to be a competent and confident personal trainer.

## HERE'S WHAT YOU CAN EXPECT:

**You'll learn how to assess the individual training needs of your clients, apply set training methods and techniques and help them to smash their training and fitness goals.**

You'll be led by our amazing tutors, all of whom are currently actively involved in the fitness industry and who have years of experience under their belts.

**You'll be training in our outstanding facilities, giving you everything you need to get the most out of your training.**

You'll get access to a course that is industry-level appropriate and suitable for all candidates, even if you have no previous experience in fitness training and exercise.

**We're also here for you if you want to create your own business venture and go it alone. We'll tell you about the opportunities available and how to make yourself stand out from the competition.**

On completion of the course, you'll gain a commercial-level qualification, helping you to develop your understanding, knowledge and technical skills and become the best personal trainer you can be, whether employed or self-employed.

## WHAT WILL YOUR NEW QUALIFICATION GIVE YOU?

THIS IS THE EXCITING PART, THE REASON YOU ARE HERE.

**Once you've completed the Real Life Academy Level 3 Diploma in Personal Training, you'll be set up to provide one-to-one and group fitness-based training sessions to your clients. You'll have all the knowledge and understanding you need, including professional practice, anatomy, and a full understanding of the principles of health and fitness.**



## HOW WE STRUCTURE YOUR COURSE

The structure of the Level 3 Personal Training Course is made up of SIX mandatory units.

### THESE ARE:

- Anatomy & Physiology
  - Health & Safety
- Planning & Instructing
  - Nutrition
- Program Design & PT Delivery
- Social Media & Marketing

## WHAT YOU'LL LEARN WITH US

We cover a huge selection of topics on the course, ranging from learning the basics of personal training to developing your career and managing your own business. It might look daunting right now, but don't worry, our friendly, knowledgeable and passionate tutors are on hand to ensure you have a good understanding of all course material and that you stay on track to gain your qualification.

## THERE ARE JUST SOME OF THE AREAS WE COVER:

The professional and legal aspects of personal training.

**How to grow professionally and develop your career, set up a new personal training business and get your marketing just right. We set you up for success!**

A thorough examination of functional anatomy and its application to personal training. How to structure, plan and deliver training sessions suitable for either one-to-one or group training sessions.

**We'll also show you how to tailor programmes to meet the individual needs of your clients no matter what their level or what the setting.**

How to integrate nutrition advice into your service and give clients tailored nutrition programmes.

**How lifestyle and medical conditions affect a client's health and wellbeing.**

How to communicate well with clients and conduct consultations in order to encourage them to adopt a healthy lifestyle.

## WHERE YOUR QUALIFICATIONS COULD TAKE YOU:

Perhaps you've always wanted to work for a highly successful and respected fitness facility (like Real Life Academy!) or maybe you've always dreamed of running your own personal training business. Whatever your goals or aspirations, you'll gain the essential tools and knowledge to help you land the career of your dreams.

And the great thing is you can keep on learning thanks to the range of CPD courses that are available to you. We're invested in your continued progress and development and would be delighted to tell you more.

Our courses are renowned and respected in the industry. Once you gain your Level 3 PT qualification, we can help to open doors for you, either finding employment opportunities or obtaining insurance to work as a personal trainer.

## ONCE YOU'VE COMPLETED OUR COURSE, THE SKY'S THE LIMIT!





## ***COURSE DELIVERY AND ASSESSMENT:***

### ***HOW WE DO IT***

We know that you'll be excited to start your new career as a personal trainer as quickly as possible. Our Level 3 Personal Training Course is delivered one day a week over 10 weeks. In just over two months, you could be starting out in your dream career. Each session lasts 4 hours meaning you don't get overloaded with information and can also carry on with your existing career at the same time. We use a combination of digital training and tutor-led training giving you the tools and one-to-one tuition that you need for success.

We run our ten-week training programme throughout the year, so don't worry if you have just missed out on enrolment. Once you've enrolled, you'll gain access to our scheme of work detailing all aspects of the course, including dates, delivery and our term times.



## ***YOUR SUCCESS IS IN YOUR HANDS ONLY YOU CAN CONTROL YOUR DESTINY.***

To ensure you get everything out of our course and gain your qualification at the end, we advise 100% full attendance to our programme. However, we do understand that sometimes life just happens. We will always do our best to accommodate your needs if an emergency arises or the unexpected happens. All we ask is that when enrolling that you take note of the days you will be expected to attend, taking special note of any bank holidays or other public holidays.



# INCLUSION & DIVERSITY: *TRAINING FOR ALL*

We believe that everybody has the rights and freedom to train for the job of their dreams.  
That's why we operate an open access policy that makes our training accessible for all.

# QUALIFICATION INFORMATION

THIS COURSE IS DELIVERED BY:



REAL LIFE ACADEMY  
UNIT 52,  
HALLIWELL BUSINESS PARK, ROSSINI ST,  
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REAL.LIFE.ACADEMY

WE WISH YOU ALL THE VERY  
BEST WITH *YOUR STUDIES* AND  
A BRIGHT AND REWARDING  
FUTURE IN *YOUR NEW CAREER!*

*WHAT A BORING WORLD IT WOULD BE IF WE WERE ALL THE SAME.*

THIS COURSE IS ACCREDITED BY **Active iQ**



