



Reynolds Fitness Training

Prospectus





Reynolds Fitness Training

Contents

Level 2 Certificate in Gym Instructing	3
Level 3 Technical Occupational Entry in Personal Training Diploma	7
Level 3 Technical Specialist in Sports Massage Therapy	11
Next steps	15

GET LEVEL 2 FOR FREE
WHEN YOU SIGN UP TO LEVEL 3!



Level 2 Diploma in Gym Instructing

Level 2 Certificate in Gym Instructing

This 6 week course is available to do as a stand alone course, although it is **included free when you sign up for our level 3 personal training diploma.**

The level 2 qualification allows you to work within a gym environment, and provides an entry to our level 3 personal training.

Within level 2 you will study:

- Anatomy and physiology
- Health and safety of the gym environment
- Professional practice and personal development
- Planning and delivering fitness programs



Active iQ



Level 2 Certificate in Gym Instructing

Start Dates

March and September start dates

Course Expectations and Breakdown:

The course is 2 days per week for 6 weeks.

Location

Reynolds Fitness Spa Bexley.

The Chapel, Chapel Walk, Bexley, Kent, DA5 2DX.

Who is this qualification for?

This qualification is for ages 16 plus.

Entry Requirements

An enthusiastic approach to fitness!

16-18 year olds must hold a level 4 or above in English and Maths GCSE.

19+ have no academic requirements.

There is a telephone interview for all learners in order to be accepted onto the course, with limited spaces available.



Level 2 Certificate in Gym Instructing

Course Fees

This is fully government funded for ages **16-18**, making it **free** to the learner.

Government **funding available** through the advanced learner loan for **19+** learners*.

Alternatively, 19+ learners can pay the course fees privately.

Level 2 course fees are £1595

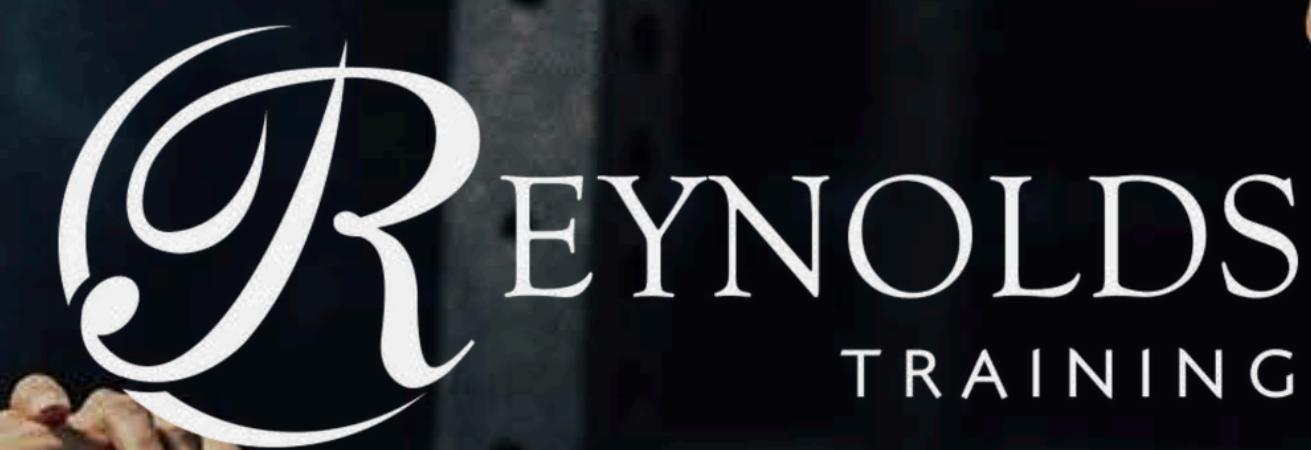
GET LEVEL 2 FOR FREE
WHEN YOU SIGN UP TO LEVEL 3!

*Terms and conditions apply





GET LEVEL 2 FOR FREE
WHEN YOU SIGN UP TO LEVEL 3!



Level 3 Technical Occupational Entry in Personal Training Diploma

This level 3 personal training diploma also includes your level 2 qualification for free!

The level 3 qualification allows you to work as a personal trainer, either self employed or within a company.

Within level 3 you will study:

- Anatomy and physiology
- Nutrition, lifestyle and medical factors
- Planning and conducting of physical activity sessions
- Communication skills
- Legal and professional requirements for personal training
- Business skills needed as a personal trainer
- How to manage, evaluate and improve own performance.

There is also a 1 day workshop included in level 3, to give learners class experience. We invite industry experts to demonstrate their skills and answer any questions learners may have about the industry.

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Start Dates

March and September start dates.

Course Expectations and Breakdown:

The course is 2 days per week for 20 weeks. This includes both level 2 and 3.

Location

Reynolds Fitness Spa Bexley.
The Chapel, Chapel Walk, Bexley, Kent, DA5 2DX.

Who is this qualification for?

This qualification is for ages 16 plus.

Entry Requirements

An enthusiastic approach to fitness!
16-18 year olds must hold a level 4 or above in English and Maths GCSE.
19+ have no academic requirements.

There is a telephone interview for all learners in order to be accepted onto the course, with limited spaces available.



level 3 Technical Occupational Entry in Personal Training Diploma

Course Fees

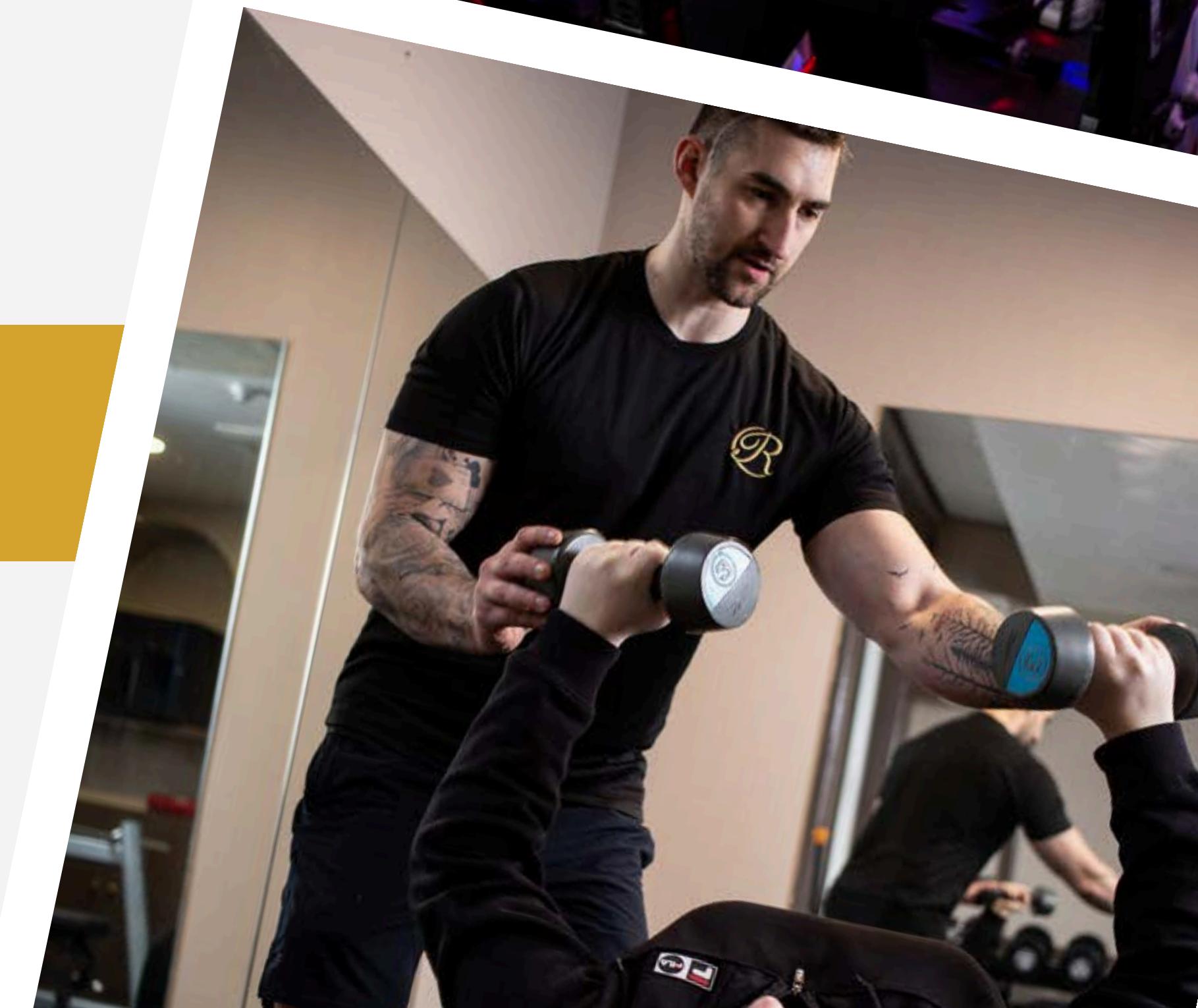
This is fully government funded for ages **16-18**, making it **free** to the learner.

Government **funding available** through the advanced learner loan for **19+** learners*.

Alternatively, 19+ learners can pay the course fees privately.
Level 3 course fees are £2385

GET LEVEL 2 FOR FREE
WHEN YOU SIGN UP TO LEVEL 3!

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Level 3 Technical Specialist in Sports Massage Therapy

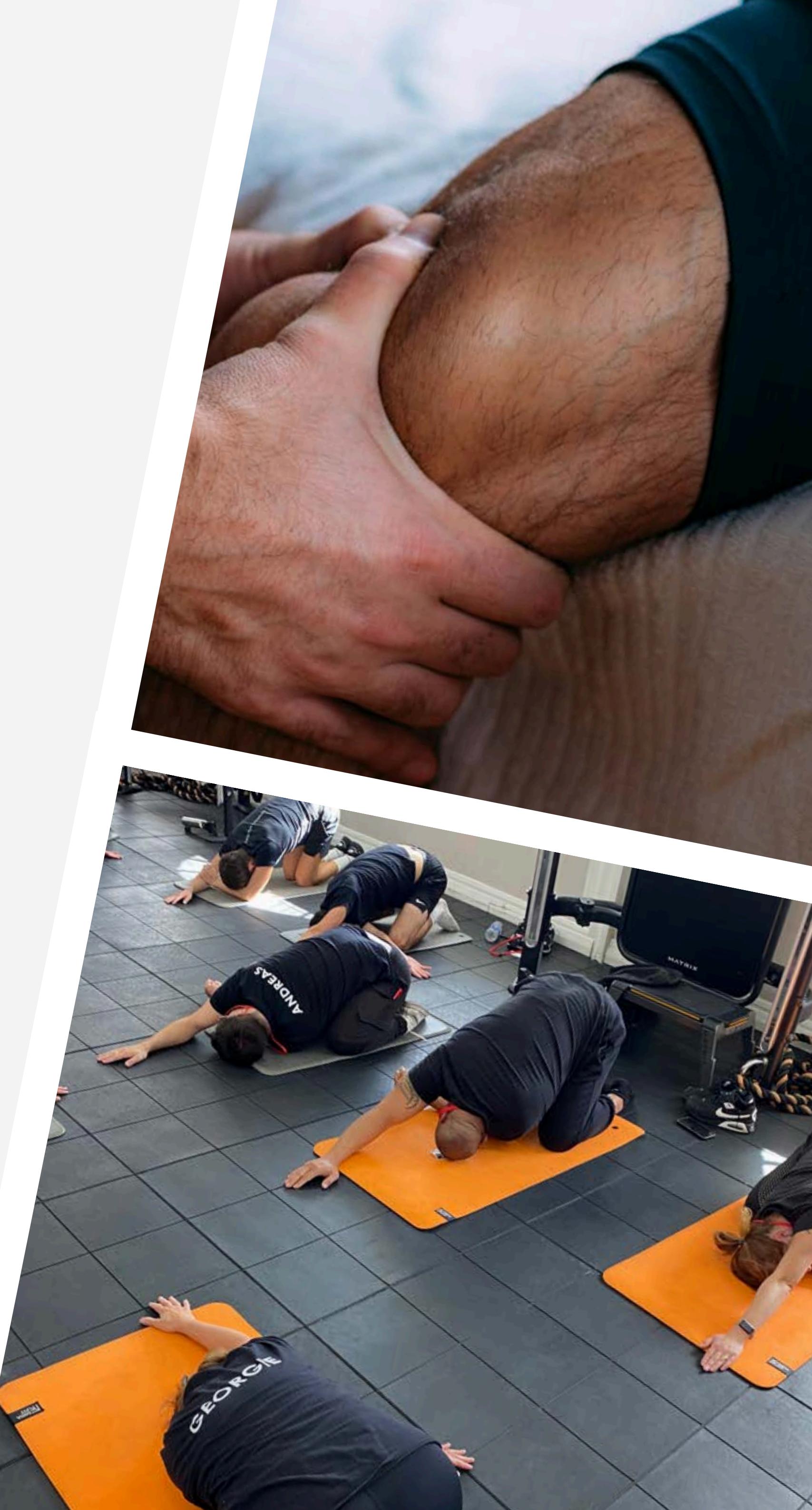
This level 3 qualification allows you to work as a sports massage therapist, either self employed or within a company.

Within level 3 you will study:

- Anatomy and Physiology
- Principles of soft tissue dysfunction
- Professional practice in sports massage therapy
- Providing sports massage treatments
- Client consultation and treatment planning
- Aftercare and remedial exercise

There is also a continued professional development workshop comprising of specific aftercare for rehabilitation, flexibility, mobility and strength building.

We also invite industry experts to demonstrate skills and answer any questions learners may have about the industry.





Start Dates

March and September start dates.

Course Expectations and Breakdown:

The course is 16 weeks, 1 day a week.

Location

Reynolds Fitness Spa Bexley.

The Chapel, Chapel Walk, Bexley, Kent, DA5 2DX.

Who is this qualification for?

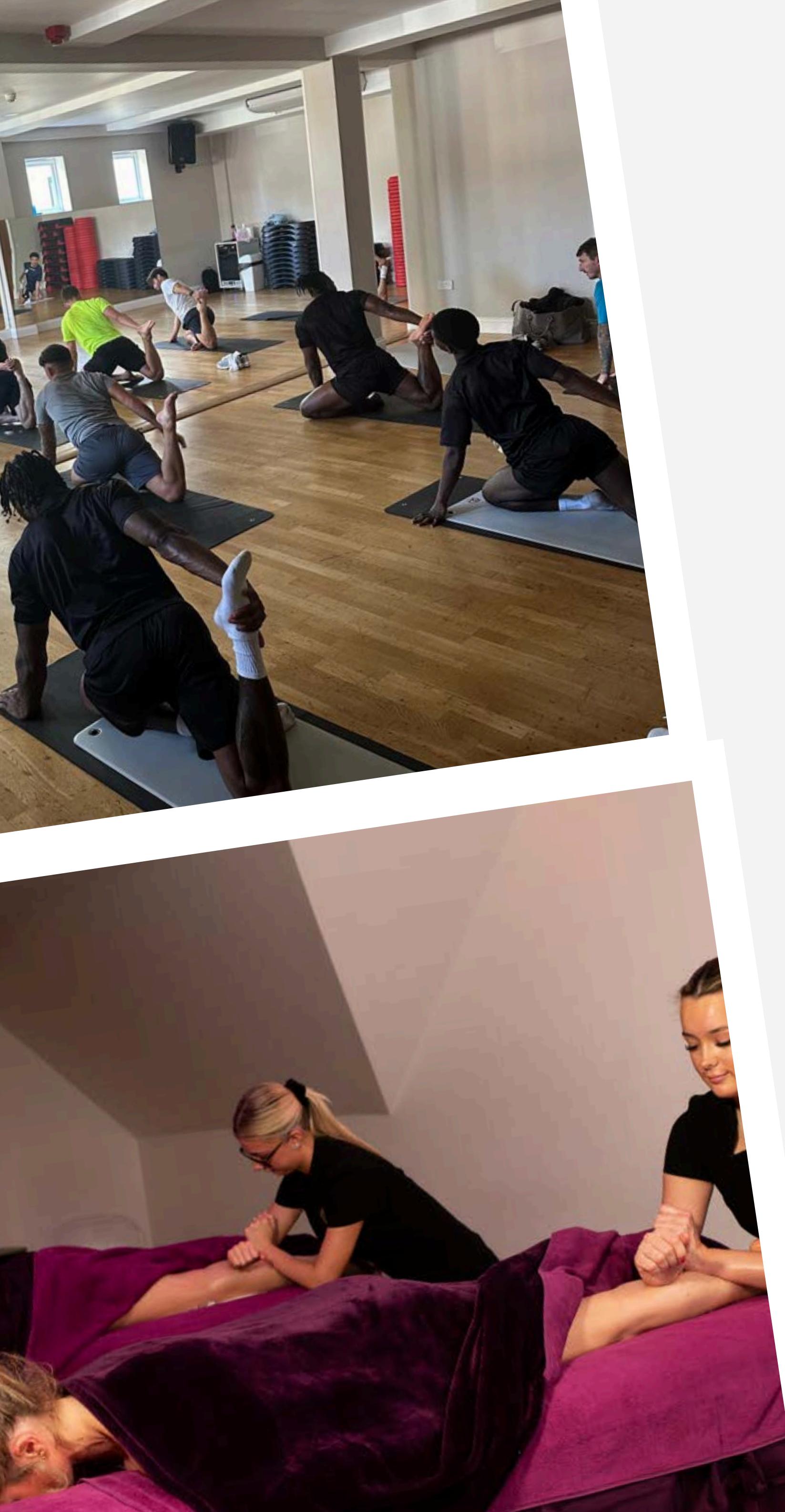
This qualification is for ages 18 plus.

Entry Requirements

18 year old learners must hold a level 4 or above in English and Maths GCSE.

19+ learners have no academic requirements.

There is a telephone interview for all learners in order to be accepted onto the course, with limited spaces available.



Level 3 Technical Specialist in Sports Massage Therapy

Course Fees

This is fully government funded for age **18**, making it **free** to the learner.

Government **funding available** through the advanced learner loan for **19+** learners*.

Alternatively, 19+ learners can pay the course fees privately.

Level 3 course fees are £2385



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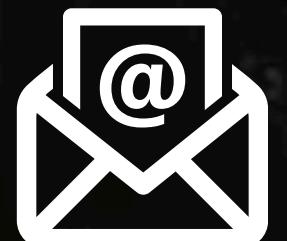


Reynolds Fitness Training Next Steps

Call or email us today to book your telephone interview, or for more information about any of our courses.



Call us
01322 275807



Email us
training@reynoldsgroup.co.uk



Visit our website
[https://www.reynoldsgroup.co.uk/training/
fitness-overview/](https://www.reynoldsgroup.co.uk/training/fitness-overview/)